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## Lexicon 專業詞彙

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# The arts of sushi

## 壽司的藝術

ICI students learning Japanese Cuisine and Sushi Preparation must be well versed in multiple styles of this iconic dish

學做日本料理和壽司的ICI學員必須熟習以下幾款經典壽司

### Nigiri zushi

#### 握壽司

Nigiri zushi is vinegared rice moulded by hand into bite-size pieces and topped with neta. The neta can be raw and, depending on the texture of the seafood, cut at different thicknesses. Anago sea eel is simmered in a sweet soy sauce, mackerel and other blue fish are marinated with salt and vinegar. Preparing the rice and seasoning it properly is essential. Gari, pickled ginger, is served as a palate cleanser. Traditional condiments are freshly grated wasabi, soy sauce and a sweet taré sauce used for glazing some neta.

所謂握壽司，就是將醋飯用手心握成一口大小，然後在上面放上配料。握壽司的配料可以是根據質感而切成不同厚度的生鮮海產，也可以是用甜醬油煨煮過的穴子，或是用鹽和醋醃漬的鯖魚和其他鮭魚等。做壽司的珍珠飯需事先適當地調味，部分配料上會塗上甜醬油增加味道和光澤，進食時則以鮮磨的山葵和醬油調味，而佐餐小食酸薑則有清洗味蕾之用。



### Maki zushi

#### 卷壽司

Maki zushi, rolled sushi, is vinegared rice and fillings rolled in nori laver and sliced into bite-size pieces. Hosomaki, thin rolls, have a simple filling such as raw tuna or nattō fermented soybeans, and are traditionally served at the end of the meal at a sushi counter. Futomaki, thick rolls, are filled with a colourful variety of ingredients such as tamagoyaki omelet, seasoned kamyō gourd, carrots, cucumber and sakura denbu – a pink-tinged white fish sweetened with sugar. The combination creates a flavourful sushi with a rich texture. The rice, fillings and laver are rolled with a makisu bamboo woven mat.

卷壽司的做法是將醋飯和餡料用紫菜包著捲起來，然後切成一口大小。細卷只有一種餡料，通常是吞拿魚、納豆等，一般在用膳尾聲時才進食。太卷的餡料有好幾種，包括有玉子燒、干瓢、紅蘿蔔、青瓜，以及加了糖調味的粉紅櫻花魚絲等。太卷的餡料組合起來不僅色彩繽紛，質感也非常豐富。做卷壽司時，一般會用壽司竹簾將醋飯和餡料捲起來。

### Oshi zushi

#### 押壽司

Oshi zushi, pressed sushi, also called hako zushi, box sushi, is a local style of sushi in many regions of Japan. Vinegared rice is put into a wooden box and topped with seafood, vegetables or a combination, and pressed down. The pressed sushi is cut into smaller pieces, bite-size or large squares. Kyōto is famous for saba zushi, pickled mackerel pressed over a log of vinegared rice and wrapped in kombu kelp. The vinegared rice and toppings can be layered giving a mille-feuille effect. The wooden box used to make the pressed sushi varies in size and shape depending on the region.



押壽司其實就是壓出來的壽司，又稱箱壽司，不同地區的押壽司各有特色，但一般做法是將醋飯放到木盒裡，再放上海鮮、蔬菜或兩者兼有，然後用木蓋壓下去，最後將壓好的壽司切成一口大小或是較大的正方形便成。京都著名的押壽司名為鯖棒壽司，做法是將鯖魚放在長條狀的醋飯上面，然後用昆布包起來。押壽司可以一層飯配一層配料做成千層糕的效果。用來做押壽司的木盒大小不一，尺寸會因地區而異。

### Chirashi zushi

#### 散壽司



Chirashi zushi, scattered sushi, is a large plate of vinegared rice scattered on top with seasonal ingredients from the land and sea. Toppings include a variety of seafood both raw and cooked, vegetables, nori laver and shredded omelet. Each ingredient is prepared separately before assembling over rice. Thoughtful inclusion of a variety of colours is important. The multicoloured chirashi zushi brightens up the dining table and is a popular dish for festive occasions and family gatherings.

將來自大地和江洋的當季食材隨意地灑在一大碟的醋飯上便是散壽司了。散壽司的配料可以是生鮮或已煮熟的海產、蔬菜、紫菜和切成一條條的玉子燒等。配料是單獨分開準備的，最後才一起放到醋飯上，因此在準備前必須考慮顏色搭配是否豐富。五彩繽紛的散壽司可以為餐桌增色，是歡度節慶和舉辦家庭聚會時受歡迎的菜式。

### Kaki no ha zushi

#### 柿葉壽司

Kaki no ha zushi are bite-sized vinegared rice topped with salted seafood such as salmon or mackerel wrapped in persimmon leaves. The leaves have antibacterial properties and act as a preservative so the sushi can be eaten for up to three days. Kaki no ha zushi originated in the interior part of Japan away from the sea. Leaves are nature's eco-friendly food wrapping that also double as tableware. Other leaves such as sasa bamboo or hōba Japanese magnolia may also be used. Japanese ancestors first grasped the bacteria-fighting or preservation benefit of using leaves.

柿葉壽司起源於遠離大海的日本內陸地區，做法是將用鹽醃過的海產如三文魚和鯖魚等放在一口大小的醋飯上，再用柿葉包起來。柿葉有抗菌作用，可以當防腐劑，因此這種壽司能夠存放三天而不會變壞。不僅如此，柿葉也是來自大自然的環保食物保鮮紙，並可當餐具用。除了柿葉，也可以用朴葉和竹葉代替。日本的先民們早就懂得善用這些葉子，體會抗菌和防腐的好處。

