JAPAN / BEST OF JAPAN

# KAISENDON

Kaisendon is a Japanese bowl of seasoned sushi rice topped with slices of raw fish and seafood, such as tuna, salmon, squid and salmon roe. Will watched it made by the sushi chefs of Tsukiji market in Tokyo.



| SERVES | PREP | COOK | TOTAL | DIFFICULTY | SPICE |
|---|---|---|---|---|---|
| 4 | 40 min | 20 min | 1 h | Medium | Mild |

## INGREDIENTS

### FOR THE SUSHI RICE

400 g Japanese short-grain rice

480 ml water

80 ml rice vinegar

2 tbsp sugar

1 tsp salt

### FOR THE TOPPING

200 g sashimi-grade tuna, sliced

200 g sashimi-grade salmon, sliced

150 g sashimi-grade squid or scallops, sliced

60 g salmon roe (ikura)

4 cooked prawns, peeled

### TO SERVE

1 sheet nori, cut into thin strips

1 small cucumber, thinly sliced

4 shiso leaves

2 tsp wasabi, freshly grated if you can find it

Pickled ginger

Japanese soy sauce

## METHOD

### COOK THE RICE

1. Rinse the rice in cold water 4 or 5 times, until the water runs almost clear. Drain for 15 minutes.
2. Put the rice and water in a heavy pot, bring to the boil, cover and cook on the lowest heat for 12 minutes. Turn off the heat and leave covered for 10 minutes.

### SEASON THE RICE

3 Warm the vinegar, sugar and salt until dissolved.

4 Spread the hot rice in a wide bowl and pour the vinegar over it. Fold it through with a wooden paddle, cutting rather than stirring, while fanning it, until glossy and at body temperature.

### PREPARE THE FISH

5 Keep the fish very cold. With a long, sharp knife, slice it against the grain into 5 mm slices in one smooth pull, without sawing.

### BUILD THE BOWLS

6 Divide the rice between 4 bowls. Scatter over the nori strips.

7 Lay the fish, squid and prawns over the rice in sections, fanning the slices. Add a shiso leaf and cucumber.

8 Spoon the salmon roe in the centre. Serve with wasabi, pickled ginger and a small dish of soy sauce.

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## USEFUL SHORTCUTS FOR HOME COOKS

Buy fish labelled sashimi grade from a fishmonger you trust, and eat it the same day.

Fresh wasabi root is grated on a fine grater in small circles; the paste in tubes works too.

Leftover sushi rice should not go in the fridge; cover it with a damp cloth and use it within a few hours.

Will is at Tsukiji in Tokyo, early, before the crowds. He explains that the market opens around three in the morning for the professionals, chefs come in around six, and by ten it is full of visitors.One stall grabs his attention: two chefs working side by side in front of the board, the itamae, a title most chefs train up…