Preparing a batch of sushi rice

Overview

Watch a video that covers the basics of mixing the sushi rice and the vinegar mixture.

Transcript

(Inspector) So what we're going to do first, is we're going to, um, if you don't mind… I'd like to see you guys mixing the rice with the vinegar; and you have 2 sushi chefs what are their names?

(Manager) This is Francisco.

(Francisco) Francisco.

(Manager) And Cheo.

(Inspector) Cheo, hi, so show us what you do here when you're mixing the rice with your vinegar.

(Manager) First they're going to take the rice that we've already cooked and let cool for a little bit, and they're going to put it in this big stainless steel bowl for mixing.

(Inspector) And do they use all the rice, or just a little bit of it?

(Manager) The rice is pre-measured before they cook it, so they know exactly how much they have.

(Inspector) Oh, ok, great.

(Manager) A lot of places will use traditional wooden bowls for this mixing process but we find using the stainless steel is easier for cleaning purposes.

(Inspector) Definitely.

(Manager) And sanitizing.

(Inspector) Yeah, sometimes there are issues with those big wooden bowls and some health departments don't allow people to use them, so this bowl is great.

(Manager) So that's the pre-measured cooked, cooled rice, and now Cheo is going to measure out the sushi vinegar mixture that we're using. And he's measuring that very carefully to make sure that we have the same amount of rice with the same amount of vinegar mixed every time.

(Inspector) I can see that the brand of vinegar mixture is the same that you've identified in your HACCP plan, that's great, I can also see that the vinegar has been carefully measured as indicated in the HACCP plan as well.
(Manager) We make rice 2 or 3 times a day depending on the business hours and the business flow. Some places mix their vinegar each time individually with vinegar, sugar, salt, lemon. We buy a pre-mixed vinegar with all those ingredients already put together, and that's another way of kind of making sure it's the same every single time.

(Inspector) Great, that makes it easier then.

(Manager) So now Francisco's going to mix the vinegar and the rice.

(Inspector) Ok.