

空心飯壽司傳人。

教你

壽司

秘技



盧悅基 編著

空心飯壽司傳人。

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前言

自幼對食物特別感興趣的我，兒時從未有機會接觸日本菜。幸運地，年少時出外工作，巧遇「空心飯壽司」大師高林宏光師傅，他帶領我認識日本菜真味，並開拓我的飲食思維，從而啟發和驅使我對食物追求的另一片天地。

在選材上，師傅除了堅持選用最新鮮的食材製作壽司和刺身外，同時對食材的來源地也非常講究。有了優質食材，緊接着需要配合經驗獨到的刀法、製作壽司時的握捏力度，以及對客人細心和真誠關顧，才能體驗到傳統壽司的「真、鮮、味」。

高林師傅多年來以誠懇去回饋客人的賞識，雖然現在師傅已逝，但他對壽司製作的一絲不苟精神，深深感動我，並成為我的座右銘，也指導我開設和運作店鋪的管理理念。





近年，盧師傅帶領「悅鮨」獲得 GHM 法國藍帶餐飲協會頒發「粵港澳藍帶推介餐廳 2016」。

從我自行開辦「悅鮨」日本料理，至今剛滿十年。我一直追隨師傅的遺訓，每日提供嚴選季節性及新鮮食材，並致力發揚「空心飯壽司」秘技，得到食客們的讚賞，並獲傳媒及報紙雜誌專訪。我要藉此機會向大家致謝！

在本書裡，我會利用詳細的圖片去作解說，讓大家明瞭壽司製作的原理和過程，讓各位壽司愛好者把專業味道帶入家中。同時希望讓更多朋友從不同角度去欣賞壽司的美味！謝謝。

盧悅基

PREFACE

My love for food started at a very young age. However, I did not have the opportunity to develop this passion until I was fortunate enough to meet Master Chef Hiromitsu Takabayashi. While working abroad, Master Chef Takabayashi took me under his wing, shepherding me through the aesthetic world of Japanese cuisine and awakening my culinary sense. As a result, inspiring me to develop new visions of food and driving me to create culinary masterpieces at a new level.

Master Chef Takabayashi insisted on using the freshest ingredients for sushi and sashimi, and paid special attention to the origins of the ingredients. Only with the highest quality ingredients, the expertise in knife cutting and hand molding as well as attentiveness and integrity in customer service can we experience the true senses, flavours and aromas of sushi and appreciate all its traditions.

Over the years, Master Chef Takabayashi has thanked his customers' for their appreciation of his culinary skills by his scrupulousness in sushi making. Even though he has passed away, his dedication to the art of sushi making and his wisdom in operating a Japanese restaurant touch me to this day. His philosophy has become my motto.

After Master Chef Takabayashi passed away, I started Etsu Sushi in 2007. Follow the teaching of Master Chef Takabayashi, Etsu sushi serves customers with seasonal and fresh ingredients and provides traditional Edomae Sushi. Thanks to all customers and media's appreciation, Etsu is on the list of "GHM Cordons Blues Recommendation Restaurant 2016", which is a great encouragement to Etsu and also recognition of the effort from my team.

In this book, I use illustrations and detailed description to show the techniques in making sushi. Sushi lovers can learn the principles of sushi making easily and can bring home the true taste of sushi as well. Finally, I hope more and more people appreciate and enjoy sushi in different aspects.

Lo, Yuet Kei

目錄 | CONTENTS

前言 • PREFACE

2



烹煮第一鍋的壽司飯

COOKING OF THE FIRST POT OF SUSHI RICE

揀選優質米	10
Selection of good quality rice	
煮壽司飯的預處理	11
Preparation of cooking sushi rice	
壽司飯的製作	12
Cooking of sushi rice	

學做第一件壽司

LEARNING TO MAKE THE FIRST PIECE OF SUSHI

手握類

吞拿魚背	16
Lean Tuna (Maguro)	
吞拿魚腩（半肥）	16
Fatty Tuna (Chutoro)	
吞拿魚腩（全肥）	16
Prime Fatty Tuna (Ootoro)	
油甘魚壽司	18
Yellow Tail Nigirizushi	
針魚壽司	20
Japanese Halfbeak Nigirizushi	
秋刀魚壽司	22
Pacific Saury Nigirizushi	
醋鯖魚壽司	24
Chub Mackerel Nigirizushi	
沙甸魚壽司	26
Japanese Pilchard Nigirizushi	
左口魚 / 左口魚邊壽司	28
Olive Flounder / Bastard Halibut Japanese Flounder Nigirizushi	
池魚壽司	30
White Trevally / Yellow Jack Nigirizushi	
銀鱈魚壽司	32
Cod Fish Nigirizushi	



小肌壽司	34
Konoshiro Gizzard Shad Nigirizushi	
雞魚壽司	36
Chicken Grunt Nigirizushi	
鯛魚壽司	38
Red Seabream Snapper Nigirizushi	
金目鯛壽司	40
Alfonsino / Splendid Alfonsino Nigirizushi	
鰹壽司	42
Bonito / Skipjack Tuna Nigirizushi	
生鯖壽司	44
Mackerel Nigirizushi	
魴鯽魚壽司	44
Spiny Red Gurnard / Red Gurnard Nigirizushi	
沙鑽壽司	48
Japanese Sillago (Kisu) Nigirizushi	
三文魚壽司	50
Salmon Nigirizushi	
鰻魚箱押壽司	52
Pressed Sushi with Eel	
穴子壽司	54
Sea Eel / Common Japanese Conger Nigirizushi	
熟蝦壽司	56
Cooked Prawn Nigirizushi	
甘海老甜蝦	58
Sweet Shrimp / Pink Shrimp Nigirizushi	
牡丹海老壽司	59
Humpback Shrimp / Coon Stripe Shrimp Nigirizushi	
蒸鮑魚壽司	60
Abalone Nigirizushi	
魷魚壽司	62
Squid Gunkanmaki	
蠔壽司	64
Oysters Nigirizushi	

**Cooking
of the first
pot of
sushi rice**

烹煮第一鍋的壽司飯



揀選優質米

壽司在日文的漢字又作「鮓」及「鮓」，自 16 世紀末開始有將魚生放在用醋拌過的米飯上一起吃，至今成為日本人的主要餐點之一。壽司的型態和用料變化多端；常見的壽司料理有握壽司、捲壽司、手卷三種，另外還有散狀的散壽司、壓成方形的壓壽司等等。

握壽司 (Nigiri Sushi) 又名江戶前壽司，是指在醋飯上放有 (魚、蔬菜或漬物) 食材的手捏壽司；大小約一口可食。菜單上常見的有鯛 (Dai)、鮪 (Maguro，即吞拿魚)、Toro (鮪魚腹)、海老 (Aebi，即蝦)、海膽 (Uni)、Tako (鱧魚)、玉子 (蛋)、還有貝類、魚卵 (Ikura) 及醃菜等。

除了蓋面的食材外，米的選擇也非常講究。做壽司用的白米，外形渾圓，吸水力比一般做飯的白米強，宜選顆粒比較大的米，有助吸水和吸醋。米的黏度則不宜過高，應比白飯的黏度為低，方便飯煮熟後進行打飯程序時容易鬆開，還免得握飯糰時不會因多次的握壓令飯糰變得太實，影響口感。

Selection of good quality rice

Sushi also named as "鮓" or "鮓" in Japanese. Since the end of the 16th century, Japanese began to eat uncooked fish slice with cooked vinegared rice. Sushi has become one of the main Japanese meal now. There are various styles and different ingredients in making sushi. Holding sushi, roll sushi and hand roll are the most common forms. There are loosen sushi and pressed sushi and so on.

Holding sushi (Nigiri sushi), also known as Edo sushi. This kind of sushi is made with a piece of fish, vegetables or preserved ingredients on top of a piece of cooked vinegared rice; about one-bite size. Snapper (dai), tuna (maguro), tuna belly (toro), shrimp (aebi), sea urchin (uni), octopus (tako), Japanese egg roll omelette (tamagoyaki), shellfish, various kind of fish roe (ikura) and pickles are easy to find on the menu.

Quality of the topping ingredients as well as the rice are very important. Rice for making sushi is a kind of round grains which can absorb more water than those for cooking loosen rice. You should choose rice with larger grain, which helps to absorb water and vinegar. The viscosity of rice should not be too strong, so the cooked rice can be handled easier. It avoids the rice balls become too hard after pressing.

以下三種都是做壽司飯常用的米		The following three are common used in making sushi	
東北米 Northeast rice		東北大米粒形短圓，顆粒飽滿，質地堅硬，色澤清白透明。 The grain is short, round and full. The texture is hard and the colour is clear and bright.	
青森米 Aomori rice		米粒小而圓，晶瑩剔透，口感香軟綿糯。 The grain is small and round. The colour is crystal clear. The taste of this kind of rice is fragrant. The texture is soft and silky after cooked.	
專業壽司米 (越光米) Professional sushi rice (Koshihikari rice)		色澤透亮均勻，顆粒飽滿，飯香濃郁，膠質濃厚，是做壽司的最佳選擇。 The grain is full and have a fragrant smell. The color is translucent white. The cooked rice is viscous. It is the best choice for making sushi.	

煮壽司飯的預處理

1. 處理壽司飯需要早一天預備。
2. 浸米程序：如用新開米袋的米，必須先把米浸 10-15 分鐘，令米粒完全吸收水份。
相反地，舊米因米袋已開封，吸收了空氣中的水份，應按情況而決定縮短浸泡時間。
3. 洗米時，必須徹底洗透，所以擦洗時間久一點，令到米的表層擦去。
4. 洗淨的米粒需要瀝水，連隔篩一同轉放冰箱雪一夜。

Preparation of cooking sushi rice

1. It takes one day before to prepare cooking of sushi rice.
2. Procedures of soaking rice: if using newly opened package of rice, should firstly soak the rice in water for 10-15 minutes, allowing them to fully absorb of water. On the contrary, the rice from an opened pack already absorbed the moisture in the air, depends on the condition of the rice, soaking time should be lesser.
3. When washing rice, should scrub thoroughly for longer time, to wash out the outer layer of rice grains.
4. After washing, use a sieve to separate water from the rice grains, and place them in the refrigerator.



TIPS 基師傅的技術指導

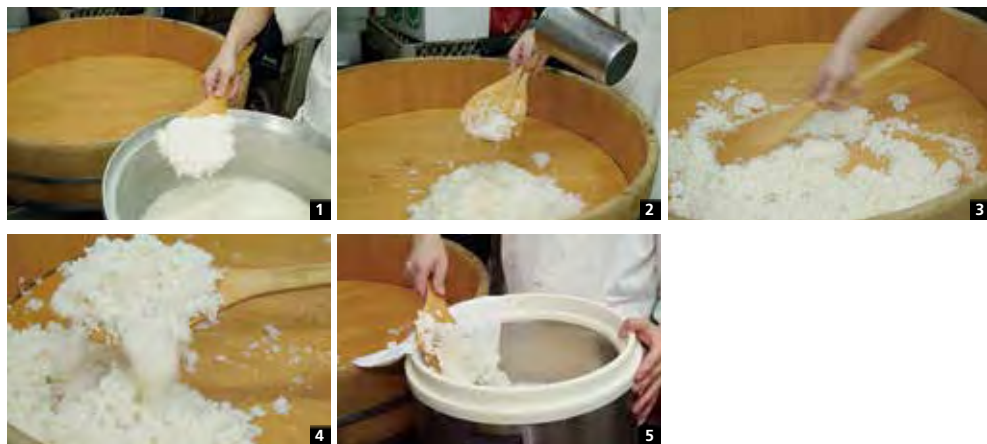
1. 浸泡米粒時間不宜過久，否則米粒會變糜爛碎裂，不夠完整，煮熟後的飯粒會破碎。
 2. 米粒表層屬透明，經烹煮後會變成一層含膠質薄膜，帶黏度，它便是飯香來源。凡事有正反兩面，這層膠質卻會妨礙吸收壽司醋，影響到壽司飯的品質。
 3. 把米粒放冰箱貯雪一夜，好處能令米粒煮熟後才平均及完全吸收水份，適合壽司握捏的需要。
1. Soaking time of rice should not be too long otherwise it will fragment the rice grain and becomes incomplete grains especially after cooked.
 2. There is a transparent layer covering the surface of each rice grain. After being cooking, this layer forms a sticky substance which consists of gluten that generates rice fragrance. In general, thing offers positive and negative sides, this layer at the same time avoids the rice grain to absorb vinegar, affecting the quality of sushi rice.
 3. By placing rice grains in refrigerator for overnight will allow suitable texture after cooking, which makes techniques of molding and grasping possible when making sushi.

壽司飯的製作

1. 煮飯時，由於用電飯煲煮飯，所以沒有特別技巧，一煲飯的烹煮時間約30分鐘，飯熟後不要揭蓋，原煲焗15分鐘，令飯粒完全熟透，不會出現中心起硬梗的情況。
2. 壽司飯加入壽司醋的過程，十分重要。飯粒焗透後便要立即倒入木桶內，一手順方向下醋，另一手則以木杓順方向斜撥飯粒，令飯粒均勻地吸入醋，切忌胡亂撥削飯粒。

Cooking of sushi rice

1. Using electrical rice cooker to cook rice should be no technical issues concerned. It takes about 30 minutes for the rice cooker to finish cooking. Do not open the lid and allow 15 minutes to let the rice rest and set still, to let each rice grain to be cooked completely and to avoid hard center.
2. Procedure of adding vinegar to the rice is extremely important. Pour the completely cooked rice to a wooden barrel from the rice cooker. Use one hand to add in vinegar, at the same procedures, and the other hand holding a wooden rice paddle diagonally to stir the rice grains, in the same procedures. This will allow every rice grain to absorb vinegar evenly. Remember do not stir rice untidily at random manner.



註

1. 米與醋的比例是1000毫升米，150毫升壽司飯醋。
2. 壽司飯醋是1000毫升醋，250克白糖，130克伯方鹽。

Note

1. The ratio of rice and vinegar is 1000 millilitre, 150 millilitre.
2. The ratio of vinegar, white sugar and Hakata salt is 1000 millilitre, 250 gram, 130 gram.

TIPS 基師傅的技術指導

1. 焗飯的目的讓飯溫令飯粒收乾外圍水份。
 2. 倒飯和撥飯的時間要快，就是這過程成功的關鍵。
 3. 用木桶盛飯優於用不銹鋼器皿，因為醋和味醂可以被吸收而不會停瀉在盆底，浸住飯粒而被不吸收，影響到效果。
 4. 撥削飯粒時，必須秉持順上或逆上的手勢，統一手勢能避免飯粒變韌或結實，不夠鬆散。
1. Purpose of allowing the rice to rest in the hot cooker with covered lid is for the temperature inside to fully cook the rice after heat being turned off.
 2. Good control and management of the timing between pouring rice to wood barrel and stirring rice is the key success of this process.
 3. Using wooden barrel is better than stainless steel container because wooden barrel can absorb the vinegar and mirin left and prevent rice grains to be immersed at the bottom of the container, to affect the result.
 4. When stirring the rice, should be in the same procedures, either from top to bottom or from bottom to top, to maintain unified gesture can keep rice away from becoming too tenacious or solid, loss of looseness.

不同品種的芥末和用途

1. 粉末狀(A)：辣味足，可用熱水開粉，攪拌成糊狀，方便兼合乎經濟。它也可用醋調勻，好處防止芥末變壞。
2. 牙膏狀：味道最辣，屬大規模生產，品質穩定，不易變壞。
3. 急凍生磨芥末(B)：粒子粗，味道的濃度稍遜，帶點甜味，有質感。
4. 新鮮芥末(C)：需要用雞泡魚皮造的磨茸器磨茸。味道濃香帶點甜，質感細緻，汁多而帶柔軟纖維。



A



B



C

Types of wasabi and usage

1. Powder form (A): piquant taste plentiful, mixed with boiled water and stirred to be mush, convenient and inexpensive, commonly made of horseradish and mustard powder and dyed green, also could be mixed with vinegar, good for preventing being rotten.
2. Paste form: most piquant taste, product of mass production, quality stable and not deteriorating easily.
3. Frozen grind raw mill wasabi (B): particles coarse, taste less concentrated, possess of sweetness and texture.
4. Fresh wasabi (C): should be ground by grinder made of puffer fish (Fugu) skin. Taste aromatic carrying sweetness, ultra fine texture and juicy.

Learning
to make
the first
piece of
sushi

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吞拿魚背
Lean Tuna (Maguro)



吞拿魚腩（半肥）
Fatty Tuna (Chutoro)



吞拿魚腩（全肥）
Prime Fatty Tuna (Ootoro)



吞拿魚壽司三款

Tuna Nigirizushi 3 dishes

材料

吞拿魚背肉.....	200 克
(每件壽司約 20-25 克)	
吞拿魚腩 (半肥)	300 克
(每件壽司約 20-25 克)	
吞拿魚腩 (全肥)	300 克
(每件壽司約 20-25 克)	
壽司飯	225 克
(每件壽司約 15 克) (詳見第 12 頁)	
芥辣	少許

Ingredients

Lean Tuna fillet	200 grams
(for each piece of sushi about 20-25 grams)	
Fatty Tuna fillet	300 grams
(for each piece if sushi about 20-25 grams)	
Prime fatty fillet Tuna	300 grams
(for each piece if sushi about 20-25 grams)	
sushi rice.....	225 grams
(each piece of sushi about 15 grams) (for details see page 12)	
Wasabi	Pinch

製作

1. 先按魚的逆紋，斜切吞拿魚，每片約 20 克。
2. 放在手握壽司飯（詳見第 113 頁），便成。

Procedures

1. Cut diagonally against the grain of the fatty tuna, each slice about 20 grams.
2. Place fish slices (Sashimi) on top of nigirizushi rice (see details in page 113), and then serve.



TIPS 基師傅的技術指導

魚油的味道能中和芥辣的味道，所以在製作吞拿魚腩時，可稍為增加芥辣用量。

Fish oil can neutralize the taste of wasabi, therefore when making of fatty tuna nigirizushi, better to control the amount of wasabi used according to personal favour.



油甘魚壽司

Yellow Tail Nigirizushi

材料

油甘魚肉 300 克
(每件壽司用約 20-25 克)

壽司飯 225 克
(每件壽司約 15 克) (詳見第 12 頁)

芥辣 少許

Ingredients

Yellow Tail fillet 300 grams
(for each piece of sushi about 20-25 grams)

Sushi rice 225 grams
(each piece if sushi about 15 grams) (see details in page 12)

Wasabi Pinch

製作

1. 先按魚的逆紋，切油甘魚肉，每片約 20-25 克。
2. 配合手握壽司飯（詳見第 113 頁），便成。

Procedures

1. Firstly, cut Yellow Tail fillet against its grain, to 20-25 grams slices.
2. Then combine with nigirizushi rice (see details in page 113), then serve.



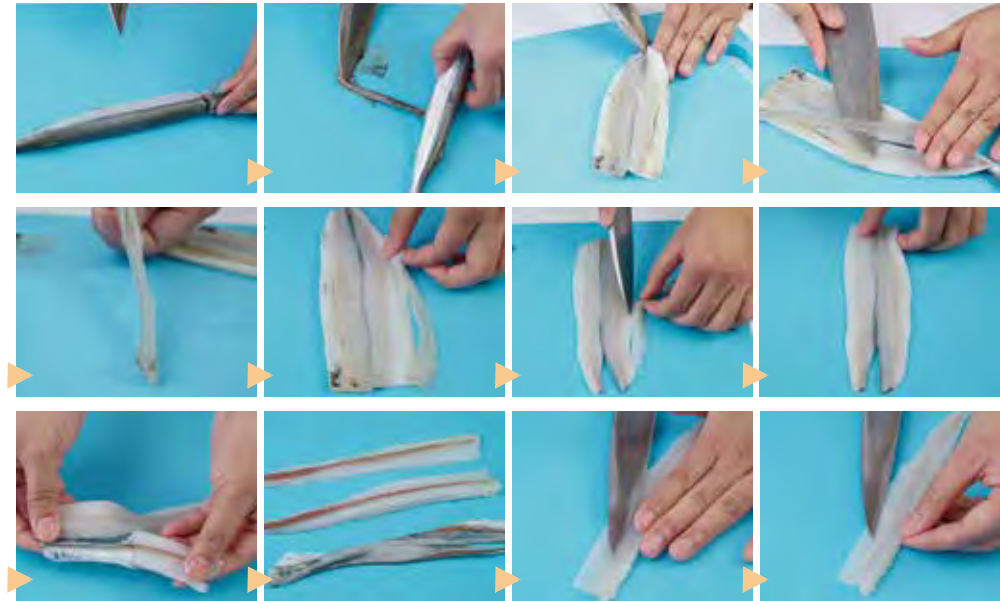
TIPS 基師傅的技術指導

選購油甘魚肉時，必須注意皮下紅色的魚肉部份，色澤越鮮紅，則表示越新鮮；如魚肉呈啡色則不宜作壽司材料，因為魚肉已不新鮮了。

When choosing and buying Yellow Tail, should pay attention to the part of red flesh that is underneath the skin, the redder the colour, the fresher the fish; if it turns to brown colour, it is not suitable for being sushi ingredient as it signs not fresh any more.



針魚的切割處理過程
Preparation and procedures of
Japanese Halfbeak



針魚壽司

Japanese Halfbeak Nigirizushi



材料

針魚 1 條
(約 150 克，可製作壽司 4 件)

壽司飯 20 克
(詳見第 12 頁)

芥辣 少許

Ingredients

Japanese Halfbeak 1
(about 150 grams, allow making of 4 pieces of sushi)

Sushi rice 20 grams
(details in page 12)

Wasabi Pinch



TIPS 基師傅的技術指導

針魚近頭部的魚骨，呈三角錐形，而尾部則呈扁平形狀，故切魚時須先以 25° - 45° 落刀，直至到了中間部份，轉為用水平方向平切。

The center bone of Japanese Halfbeak shapes triangular cone from the head part, and becomes flat form near the tail, therefore when begin to separate the fish from the head part, should cut at 25°-45° degree until reaching the middle part, then change to cut horizontally.

製作

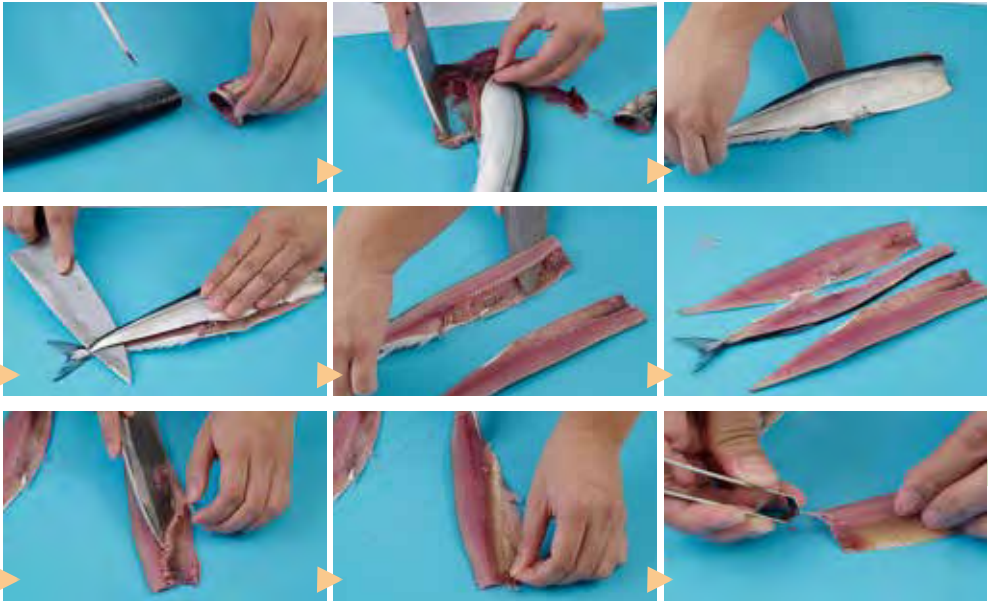
1. 切去魚頭。
2. 剖開魚肚，把內臟清除洗淨。
3. 由魚肚部份切開成兩片，但另一邊仍相連，如蝴蝶狀。
4. 去除魚骨。
5. 用手把魚皮由近頭部份開始撕去。
6. 用刀在魚肉較厚的部份以水平方向，輕輕削一刀，以切斷魚肉中的微細魚骨，避免影響魚肉質感。
7. 把魚肉斜切成 4 件，呈長形，配合手握壽司飯（詳見第 113 頁），便成。

Procedures

1. Remove the fish head.
2. Spread open the slit belly of the fish and remove any pieces of gut in the cavity, clean and rinse.
3. Separate the fish into two pieces by cutting from the maw, do not cut through but link the two pieces together, liked a butterfly.
4. Remove the center bone.
5. Tear the skin off beginning from the head part by hands.
6. At the thicker part of the fillet, use knife to peel off the tiny bones at horizontal procedures, to enhance the smoothness of the fish texture.
7. Slice the fillet diagonally to 4 pieces, in rectangular shape, then combine with nigirizushi rice (details in page 113), then serve.



秋刀魚的起皮處理
Scraping Skin and proedures of
Pacific Saury



秋刀魚壽司

Pacific Saury Nigirizushi



材料

秋刀魚..... 1 條
(約200克，可製作壽司4件)

壽司飯..... 10 克
(詳見第12頁)

芥辣..... 少許

Ingredients

Pacific Saury..... 1
(about 200 grams, allow making of 4 pieces of sushi)

Sushi rice..... 10 grams
(see details in page 12)

Wasabi..... Pinch



TIPS 基師傅的技術指導

1. 選購冰鮮秋刀魚作壽司材料，宜揀魚皮呈銀色及反光者，最為新鮮。

2. 急凍秋刀魚不宜生吃。

1. To purchase chilled Pacific Saury as ingredient, better to choose those with silver colour and glittering skin, signs of freshness.

2. Frozen Pacific Saury is not suitable to eat it raw.

製作

1. 切去魚頭。
2. 剖開魚肚，把內臟清除洗淨。
3. 由魚鰭部份切開成兩片魚柳。
4. 去除魚骨。
5. 用鉗拔去細骨。
6. 起魚皮時，先用刀在魚尾處切下而不斷，再用刀背把魚皮從魚尾至魚頭方向拉起便可。
7. 把每片魚柳斜切成2件，呈長形，配合手握壽司飯（詳見第113頁），便成。

Procedures

1. Remove the fish head.
2. Spread open the slit belly of the fish and remove any pieces of gut in the cavity, clean and rinse.
3. Cut the fish into two slices at the dorsal fin.
4. Remove the center bone.
5. Use pincers to pluck off tiny bones.
6. When removing the skin, firstly to use the knife to cut at the tail part, do not cut through the skin, then use the back of the knife to pluck out the skin from the tail portion right to procedures of the head part.
7. Slice each fillet to 2 pieces, in rectangular shape, and combine the nigirizushi rice (see details in page 113), then serve.



醋鯖魚壽司

Chub Mackerel Nigirizushi

材料

冰鮮鯖魚柳.....半條
(250克，可製作壽司10件)

壽司飯.....150克
(每件壽司約15克)(詳見第12頁)

芥辣.....少許

鹽.....50克

米醋.....150cc

Ingredients

Chilled Chub Mackerel fillet.....½
(about 250 grams, allow making of 10 pieces of sushi)

Sushi rice.....150 grams
(each piece of sushi about 15 grams) (for details see page 12)

Wasabi.....Pinch

Salt.....50 grams

Rice vinegar.....150 cc



TIPS 基師傅的技術指導

用鹽醃製鯖魚時，魚肉會有出水情況，故須用筍箕盛載隔水。

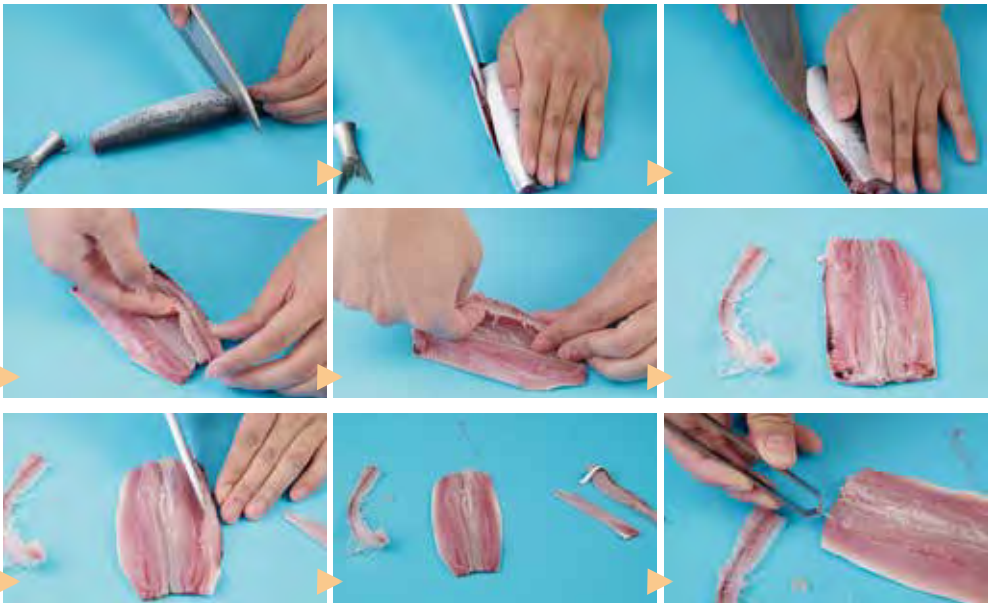
During the process of salt marinade, there is juice exudated from the fillet, therefore a sieve should be used to separate the juice oozing out.

製作

1. 將50克鹽塗抹整條鯖魚柳，醃20分鐘。
2. 用水沖去鹽份。
3. 把魚柳浸於150cc米醋中，醃45分鐘。
4. 利用廚紙吸去多餘米醋。
5. 再用鉗拔去細骨。
6. 然後用手把魚皮由近頭部開始向尾部撕去。
7. 把魚柳切成每片約20克，呈長形，配合手握壽司飯(詳見第113頁)，便成。

Procedures

1. Apply 50 grams of salt to Chub Mackerel fillet and marinate for 20 minutes.
2. To wash away salt with water.
3. To soak the fillet in 150 cc rice vinegar, and marinate for 45 minutes.
4. Dry with kitchen paper towel for excess of rice vinegar.
5. Pluck out the tiny bones by pincers
6. Then to tear off the skin by hands from the head part.
7. Cut the fillet into 20 grams slices, in rectangular shape, and combine with nigirizushi rice (details see page 113), then serve.



手起骨過程
Preparation and procedures of
Japanese Pilchard

沙甸魚壽司

Japanese Pilchard Nigirizushi



材料

沙甸魚..... 1 條
(約 150-180 克，可製作壽司 4 件)

壽司飯..... 60 克
(每件壽司約 15 克) (詳見第 12 頁)

芥辣..... 少許

Ingredients

Japanese Pilchard..... 1
(about 150-180 grams, allow making of 4 pieces of sushi)

Sushi rice..... 60 grams
(each piece of sushi rice about 15 grams)
(see details in page12)

Wasabi..... Pinch



TIPS 基師傅的技術指導

沙甸魚的細骨特別多，必須先用手把魚柳分成兩片，避免細骨切斷後難於用鉗拔去，增加魚肉的含骨量，直接影響魚的味道和肉質感。

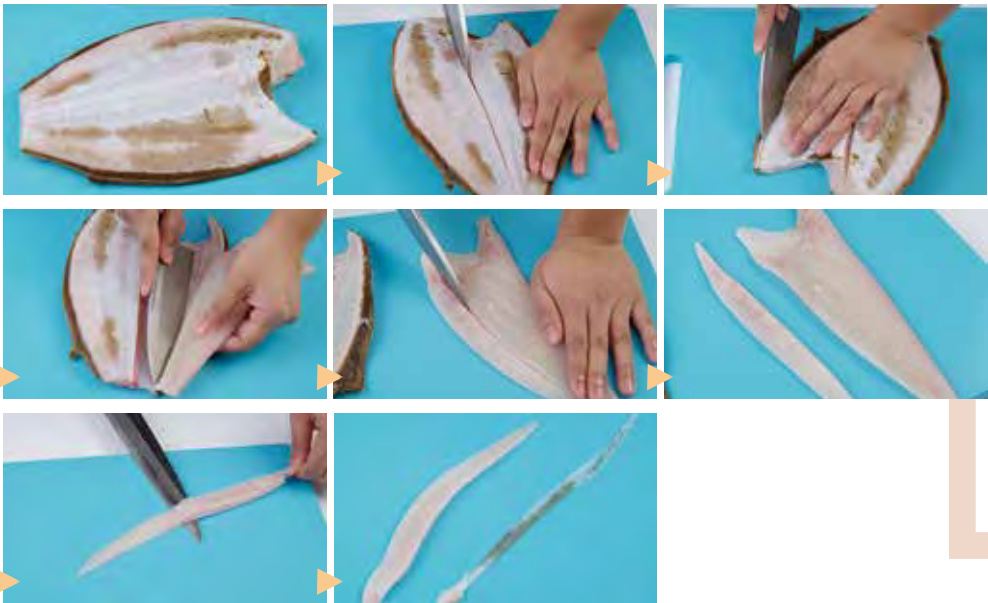
Japanese Pilchard has many tiny bones than usual fish, should firstly divide fillet into two slices by hands, not by knife which will cut off tiny bones making them difficult to be plucked out by using pincers, eventually affecting the taste and texture of the flesh as too many bones inside.

製作

1. 切去魚頭。
2. 剖開魚肚，把內臟清除洗淨。
3. 由魚鰭部份開始，用手把魚柳分成兩片。
4. 去除魚骨。
5. 用鉗拔去細骨。
6. 用手把魚皮由接近頭部開始向尾部撕去。
7. 先用刀輕輕在魚肉表面切上細紋，然後把魚柳分切成 2 件。
8. 配合手握壽司飯 (詳見第 113 頁)，便成。

Procedures

1. Cut off the fish.
2. Spread open the slit belly of the fish and remove any pieces of gut in the cavity, clean and rinse.
3. From the dorsal fin, separate the fish into two slices by hands.
4. Remove the center bone.
5. Pluck out the tiny bones by pincers.
6. Tear off the skin by hands from the tail part.
7. Use a knife to gently score the surface of the fish, avoid making deep cuts as this may leave tiny pieces of fish bones that are hard to be pulled out and affect the texture of fish, divide each fillet into 2 pieces.
8. Combine with nigirizushi rice (see details on page113), then serve.



左口魚的刮鱗處理

Scraping and procedures of Olive Flounder
/ Bastard Halibut Japanese Flounder

左口魚 / 左口魚邊壽司

Olive Flounder / Bastard Halibut Japanese Flounder Nigirizushi

材料

左口魚..... 1 條
(約 2000 克，可製作左口魚壽司 50 件 / 左口魚邊壽司 8 件)

壽司飯..... 1250 克
(每件壽司約 25 克)(詳見第 12 頁)

芥辣..... 少許

Ingredients

Olive Flounder / Bastard Halibut Japanese Flounder 1
(about 2000 grams, allow making of 50 pieces of Hirame sushi and 8 pieces of Hirame Enkawa Sushi)

Sushi rice 1250 grams
(each sushi about 25 grams) (see details in page 12)

Wasabi Pinch



TIPS 基師傅的技術指導

大部份魚肉的脂肪含量越高，肉質越軟，但左口魚邊除了擁有魚油的香味兼備肉質清爽，深受歡迎。

Most of fishes contain high quantity of fat and their flesh is soft. For Olive Flounder / Bastard Halibut Japanese Flounder in addition to their aromatic taste of fish oil, their texture is refreshing, very popular dish.

製作

1. 用刀起魚鱗。
2. 切去魚頭。
3. 剖開魚肚，把內臟清除洗淨。
4. 在魚的主骨切一刀，再從魚邊向魚骨方向切，起出魚柳。
5. 用以上方法繼續起出魚柳共 4 條。
6. 用刀切開魚邊部份和魚肉部份。
7. 用刀把魚皮片去。
8. 把每條魚邊切半，成共 8 條左口魚邊後，配合手握壽司飯（詳見第 113 頁），便成左口魚邊壽司 8 件。
9. 把魚肉部份逆紋切片（每片約 20-25 克）後，配合手握壽司飯（詳見第 113 頁），便成。

Procedures

1. Scale the fish by knife.
2. Remove the fish head.
3. Spread open the slit belly of the fish and remove any pieces of gut in the cavity, clean and rinse.
4. Apply one cut to the fish at its center bone, then another cut from the back of the fish towards the procedures of the spine bone to slice out a fillet.
5. Continue to cut out the rest of 3 fillets according to the above point number 4, in total get 4 pieces of fillets.
6. Cut apart the side flesh (Hirame Enkawa) from each fillet by knife.
7. Peel off the skin by knife.
8. Cut each piece of side flesh into halves, in total getting 8 pieces, combine with nigirizushi (see details in page 113), then 8 pieces of Hirame Enkawa sushi are completed.
9. Slice the fillets against grain (each slice about 20-25 grams), then combine with nigirizushi rice (see details in page 113).

空心壽司傳人教你壽司秘技

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百樂門印刷有限公司

出版日期

二〇一七年四月第一次印刷

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Published in Hong Kong by Food Paradise,
a division of Wan Li Book Company Limited.

ISBN 978-962-14-6301-2



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ISBN 978-962-14-6301-2



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H.K. \$98.00

Published in Hong Kong

建議上列分價：港幣

