



Professional training

Become a Sushiman/woman

Fundamental Techniques and Essential Practices

Objectives :

- History: understand the origins of the philosophy and ideologies associated with Sushi;
- Food selection and preparation: rice, main seasonings and condiments, different types of fish, different types of vegetables;
- Preparation and assembly: making different types of sushi and sashimi;
- Organisation: how to identify and use preparation utensils and Japanese kitchen knives; how to organise your workspace; how to prepare dishes.

Program

Day 1

Presentation of the programme and the week's activities

Equipment : Introduction, choice, use and maintenance

Pressure cooker, Hangiri, Shamoji, colander.....

Japanese knives: presentation, choice, use and care

Choosing and preparing rice : Theory and demonstration

Theory: varieties, origins, selection, storage, preparation, use, storage
Demonstration: Washing, rinsing, cooking, mixing, clearing

Salmon: Theory, demonstration and practice

Choice of species, origins, preparation, cutting, use, storage, durability

Sushi-making techniques : Nigiri Sushi

Day 2

Theory and history of Sushi

- History, origins and philosophy of Japanese cuisine
- Similarities and differences between traditional Sushi and the specificities of the French market

Rice preparation : self-preparation

Avocado and cucumber : Selection, storage, preparation, cutting

Organisation of the work surface

- Setting up the work surface, organisation during service, tidying up

Sea bream and sea bass : Theory, demonstration and practice

Choice of species, origins, preparation, cutting, use, storage, durability

Location

21 rue Lavoisier, 17440 Aytré
France (next to La Rochelle)

Dates

From 18 to 22 november

Duration

5 days (35 hours)

Public

Anyone wanting to start up their own business (food truck, restaurant, dark-kitchen, etc.) or learn new techniques for making sushi for their restaurant.

Prerequisite

Aucun – Cette formation est accessible aux débutants.

Price

2160€TTC
(1800€HT)



Vincent Broggi
(French Sushi Champion 2023)



Access procedures and deadlines

You can register for the course using the form available on the website or by e-mail.
It is possible to register up to 15 days before the start of the course.



Teaching methods

Theoretical lessons are based on an illustrated presentation (a copy of the presentation is given to each participant).

Practical lessons take place in the teaching kitchen.



Effectif

6 persons maximum



Skills validation

Final practical test
Diploma at the end of the course.

Day 3

Tuna and sea bass: theory, demonstration and practice
Choice of species, origins, preparation, cutting, use, storage, durability

Daikon: Selection, storage, preparation, cutting

Rice preparation: independent preparation

Sashimi: cutting, ingredients, presentation

Sushi-making techniques: Uramaki

Day 4

Preparing rice : independent preparation

Choosing, storing, preparing, cutting and using basic seasonings and condiments

Introduction to rice vinegar and seasoning for sushi, Nori, Wasabi (horseradish and real Wasabi)...

Mackerel, horse mackerel, sardines, turbot, brill: Theory, demonstration and practice

Choice of species, origins, preparation, cutting, use, storage, durability

Sushi-making techniques : Futomaki, Temaki

Sushi-making techniques : Uramaki Signature

Sushi making techniques : Uramaki, Nigiri, Hosomaki

Plate setting and takeaway principles

Jour 5

Rice preparation : self-preparation

Prawns: theory, demonstration and practice

Choice of species, origins, preparation, cutting, use, storage, durability

Sushi-making techniques (demonstration and practice) : Chirashi, Oshizushi, Tamarisushi

Theoretical and practical assessment

Contact :

camille@sushi-robots.eu

+33 05 54 54 12 18