

Press release

KYOCERA presents sushi tips from a professional chef: How to make the Japanese specialty dish at home

Sushi chef Timo Könnicke presents a step-by-step guide on how to prepare sushi at home. With just a few simple steps, fresh ingredients and the new Shin knife series from Kyocera, you can easily make the Japanese specialty dish in your own kitchen.

Kyoto, Japan / Neuss, Germany, February 09, 2017. Sushi is famous for many things. It is said, for example, that the traditional Japanese dish increases your life expectancy if you incorporate it into your regular diet, prevents lung cancer, and even increases your chances of impressing your date. What we can say for absolute certain is that sushi has been one of our favourite foods for a very long time. What's more, children are increasingly developing a taste for nigiri and maki: A recent study found that 43 per cent of children today eat sushi on a regular basis¹. The extremely healthy dish comes in many different forms and variations and is increasingly finding its way into the kitchens of British families. The possibilities are endless, and with the right tools from Kyocera, preparing exquisite sushi dishes is not as difficult as some people may think.

Fresh ingredients and the right utensils

While the quality and freshness of the ingredients you use are important, it is also important to use the right tools. Cutting gently and carefully is essential in order to avoid fraying or tearing the fish. Kyocera, the Japanese ceramic knife specialist, offers a wide range of high-quality knives with various designs to meet the highest standards.

¹ OpenTable survey 2016: Generation Gourmet

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Shin series: Quick and easy home-made sushi

Kyocera will present its new Shin knife series, a new innovation for the European market, at the Ambiente trade fair in Frankfurt, Germany. The Shin series features an extremely durable Z212 ceramic blade, which remains sharp for twice as long as other ceramic blades from Kyocera², thanks to a new, innovative production method. The ergonomic handle enables an even more comfortable grip as well as greater control, and the slight bend in the back of the knife allows the blade to slice effortlessly through fish, meat, fruit and vegetables. Furthermore, the knives are incredibly light, extremely flexible and non-corrosive. Since the blade does not transfer any metal ions, it does not leave behind any smell or taste.

This is what makes the Shin series particularly well suited for preparing the Japanese specialty dish in your own kitchen. The knives allow you to cut through fish and vegetables comfortably and quickly, turning them into bite-sized delights.



Kyocera Shin series

Preparing the perfect sushi rice

Take approximately 300 grams of rice for two people, and wash it in cold water until the water is clear. The ratio of uncooked rice to water should be 1:1. Cook the rice either in a rice cooker or in a regular pot.

² Based on internal measurements carried out at Kyocera

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Tip: Rest the rice in the water for 15 to 20 minutes before heating. This will allow you to achieve the perfect, fluffy and sticky texture that is required when rolling and forming the sushi rice.

Bring the water to the boil and then cook the rice at low heat until it has absorbed all of the water. Now it is time to prepare the sushi 'su'. This is the vinegar mixture that you will marinate the rice in after it has been cooked.

Dissolve 10 g of sea salt and 20 g of white sugar in 35 ml of heated rice vinegar in a small pot. The hot rice is then mixed with the vinegar mixture and left to cool in a bowl – that is as flat as possible – for 30 minutes.

Cutting vegetables made easy

Prepare the vegetables while waiting for the rice to cool. Cut the ingredients into fine slices to use as maki fillings. Traditional Japanese chefs use the 'katsuramuki' knife technique to cut long, round vegetables such as cucumbers, radishes and carrots along the circumference to produce a continuous, extremely thin, virtually transparent sheet of vegetable.

Tip: You increase the surface area of the ingredients by cutting finely, which in turn significantly enhances the taste. The Kyocera Shin ceramic knife makes this particularly easy, since it lies comfortably in your hand and can be handled very precisely. Alternatively, you can also use the Kyocera universal slicer.



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Rolling sushi the right way: hosomaki

Hosomaki is a sushi dish that is especially well suited for beginners. The small sushi roll, which typically includes only one ingredient, can be filled with cucumber, salmon, tuna or avocado, according to your tastes. The possibilities are endless. Fish is traditionally used as the filling, but vegetarian makis are also very tasty. Place half a sheet of nori seaweed lengthwise along the front edge of the maki mat, and spread a layer of lukewarm sushi rice on it.

Tip: It is easier to form the rice if you slightly moisten your fingers beforehand.

Leave a 1 cm-wide stripe free of rice on the upper side of the nori seaweed. Place the filling horizontally along the centre of the rice. You can also add wasabi to make a spicier maki.



Now roll the sushi using the maki mat. Apply some water to the rice-free edge of the nori to make the roll stick together. Cut the maki into small pieces, and serve with soy sauce and a side of ginger and wasabi.

You can find additional recipes and tips from sushi chef Timo Könnecke in the recipe booklet included with the Sushi Starter Set from Kyocera.

For more information about Kyocera: www.kyocera.eu

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About Kyocera

Headquartered in Kyoto, Japan, Kyocera Corporation is one of the world's leading manufacturers of fine ceramic components for the technology industry. The strategically important divisions in the Kyocera Group, which is comprised of 235 subsidiaries (as of March 31, 2016), are information and communications technologies, products which increase quality of life, and environmentally friendly products. The technology group is also one of the oldest producers of solar energy systems worldwide, with more than 40 years of experience in the industry.

The company is ranked #531 on Forbes magazine's 2016 "Global 2000" listing of the world's largest publicly traded companies.

With a global workforce of over 69,000 employees, Kyocera posted net sales of approximately €11.59 billion in fiscal year 2015/2016. The products marketed by the company in Europe include printers, digital copying systems, microelectronic components, and fine ceramic products. The Kyocera Group has two independent companies in the Federal Republic of Germany: Kyocera Fineceramics GmbH in Neuss and Esslingen and Kyocera Document Solutions in Meerbusch.

The company also takes an active interest in cultural affairs. The Kyoto Prize, a prominent international award, is presented each year by the Inamori Foundation — established by Kyocera founder Dr. Kazuo Inamori — to individuals and groups worldwide who have contributed significantly to the scientific, cultural, and spiritual betterment of humankind (converted at approximately €360,000 per prize category).

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