

WARM UP

1 Answer these questions in pairs.

- 1 What is sushi?
- 2 Where would you expect to find sushi?

GLOSSARY

craft *arte, maestria*
seaweed *alga marina*

The art of sushi

In Japanese culture, sushi is not only a culinary tradition, but an art form because its appearance is just as important as its taste. Chefs from different regions of Japan roll it and arrange it on the plate according to their own styles, and they spend years learning the craft of sushi-making.

Sushi was invented thousands of years ago in Japan as a way to preserve raw, cleaned fish. It was pressed between rice and salt by a heavy stone for a few weeks and then covered with a lighter material like seaweed to wait for the fish to ferment. It is not until the 18th century that a chef from Tokyo, Yohei Hanaya, decides to forget about the fermentation process and serve it on its own, making fresh sushi popular today. There are two distinct styles: the Kansai style from Osaka and the Edo style from Tokyo. The Edo style consists primarily of seasoned rice mixed with other ingredients, and the Kansai style is made with a small bit of seafood on a pad of rice.



ACTIVITIES

READING COMPREHENSION

2 Read the text about the origins of sushi-making and correct these sentences by deleting what is incorrect and adding words to make true sentences.

- 1 Sushi is not a Japanese culinary tradition, but an art form.
- 2 Appearance is less important than taste.
- 3 There is only one way to make sushi.
- 4 Sushi originates as a way to preserve cooked fish.
- 5 Today's sushi is allowed to ferment.
- 6 The two main styles of sushi are Kansai from Tokyo and Edo from Osaka.
- 7 Edo is seasoned seafood mixed with other ingredients and Kansai is meat on a pad of rice.

just

LISTENING

3  **PET** Listen to an expert describing how to prepare sushi and choose the best answer each time.

- 1 Colours in sushi should...
 - A compliment.
 - B contrast.
 - C clash.
- 2 The flavours of sushi should be...
 - A natural.
 - B traditional.
 - C unusual.
- 3 Soft, chewy and crunchy textures should be...
 - A avoided.
 - B balanced.
 - C exaggerated.
- 4 The presentation of your sushi should be...
 - A elaborate.
 - B simple.
 - C sophisticated.
- 5 Your sushi plate should not be...
 - A too crowded.
 - B visible at all.
 - C more healthy.
- 6 Your sushi rolls should...
 - A fit one mouthful.
 - B not fit one mouthful.
 - C be different sizes.
- 7 The sushi tray is...
 - A as important as the sushi.
 - B more important than the sushi.
 - C not quite as important as the sushi.
- 8 It's important for your sushi-making to reflect the creativity and spirit of...
 - A the person who makes it.
 - B the person who eats it.
 - C an artist.

SPEAKING

4 Like sushi in Japan, pasta is symbolic of the Italian culinary tradition and spirit. Prepare a short talk, like the one you have just heard, about the art of pasta-making. In your talk, you should:

- identify the most important aspects;
- explain how and why ingredients are combined;
- explain the choice of different kinds of pasta for different dishes;
- talk about presentation;
- describe your favourite pasta dish.

