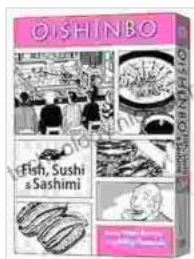


# Fish Sushi and Sashimi: A Guide to the Most Popular Types

Sushi and sashimi are two of the most popular Japanese dishes in the world. They are both made with raw fish, but there are some key differences between the two. Sushi is made with vinegared rice, while sashimi is not. Sushi is also typically served with other ingredients, such as vegetables, seaweed, and soy sauce, while sashimi is usually served alone.



## Oishinbo: Fish, Sushi and Sashimi, Vol. 4: A la Carte

by Tetsu Kariya

★★★★☆ 4.7 out of 5

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In this article, we will take a closer look at the different types of fish sushi and sashimi, and we will provide some tips on how to enjoy them.

## Types of Fish Sushi

There are many different types of fish sushi, each with its own unique flavor and texture. Some of the most popular types of fish sushi include:

- **Tuna sushi:** Tuna is a popular choice for sushi because it is a lean fish with a mild flavor. It is often used in nigiri sushi, which is a type of sushi that is made with a ball of vinegared rice topped with a slice of fish.

- **Salmon sushi:** Salmon is another popular choice for sushi because it is a fatty fish with a rich flavor. It is often used in sashimi, which is a type of sushi that is made with thinly sliced raw fish.
- **Yellowtail sushi:** Yellowtail is a mild-flavored fish that is often used in nigiri sushi. It has a slightly chewy texture that makes it a good choice for people who are new to sushi.
- **Eel sushi:** Eel is a fatty fish with a rich flavor. It is often used in nigiri sushi and is also popular in sushi rolls.
- **Uni sushi:** Uni is the Japanese word for sea urchin. It is a delicacy that is often used in sushi. Uni has a creamy texture and a slightly briny flavor.

## **Types of Fish Sashimi**

There are also many different types of fish sashimi, each with its own unique flavor and texture. Some of the most popular types of fish sashimi include:

- **Tuna sashimi:** Tuna is a popular choice for sashimi because it is a lean fish with a mild flavor. It is often served with soy sauce and wasabi.
- **Salmon sashimi:** Salmon is another popular choice for sashimi because it is a fatty fish with a rich flavor. It is often served with soy sauce and wasabi.
- **Yellowtail sashimi:** Yellowtail is a mild-flavored fish that is often used in sashimi. It has a slightly chewy texture that makes it a good choice for people who are new to sashimi.

- **Eel sashimi:** Eel is a fatty fish with a rich flavor. It is often served with soy sauce and wasabi.
- **Uni sashimi:** Uni is the Japanese word for sea urchin. It is a delicacy that is often used in sashimi. Uni has a creamy texture and a slightly briny flavor.

## How to Enjoy Fish Sushi and Sashimi

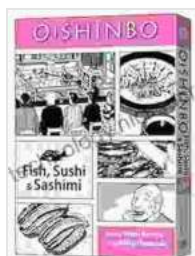
There are many different ways to enjoy fish sushi and sashimi. Some people prefer to eat them with soy sauce and wasabi, while others prefer to eat them with other ingredients, such as vegetables, seaweed, and pickled ginger. There is no right or wrong way to eat sushi and sashimi, so experiment and find what you like best.

Here are a few tips for enjoying fish sushi and sashimi:

- **Use high-quality fish:** The quality of the fish is the most important factor in determining the taste of sushi and sashimi. Make sure to use fresh, high-quality fish that has been properly refrigerated.
- **Prepare the fish properly:** The way the fish is prepared can also affect the taste of sushi and sashimi. Make sure to clean the fish thoroughly and remove any bones or skin. If you are making sushi, be sure to cook the rice properly and season it with vinegar.
- **Serve sushi and sashimi at the right temperature:** Sushi and sashimi are best served at room temperature. This allows the flavors of the fish to fully develop.
- **Enjoy sushi and sashimi with your favorite toppings:** There are many different ways to enjoy sushi and sashimi. Experiment with

different toppings, such as soy sauce, wasabi, vegetables, seaweed, and pickled ginger, to find what you like best.

Fish sushi and sashimi are two of the most delicious and



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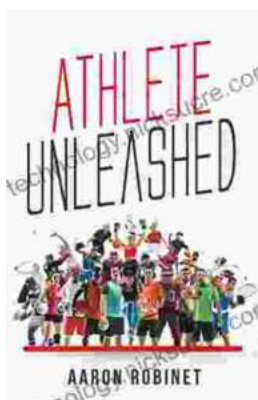
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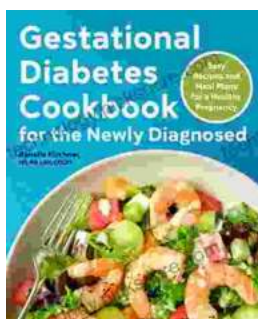
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