

SUSHI

Try it First

Harry Nguyen, Editor

"Do not eat it, it is gross." A bold statement that most people might say when they hear the food: sushi. Yes, the wonderful dead fish wrapped in seaweed and compacted white rice is what sounds highly unappetizing to many who have never tried it.

It is understandable that anything raw may shoo anyone away from eating it, but turns out sushi does not always have to be eaten raw. There is an abundance of unique rolls and methods of how this Japanese cuisine is made.

Just like any food, sushi has multiple variations to satisfy any taste bud. Options would be to have something spicy, crunchy, savory, and even fruity... altogether if you wanted to. But to the people who may never have had anything close to this experience might want to start off with something more easy on the taste buds. For example the California roll, a refreshing option that contains cucumber, avocado and crab.

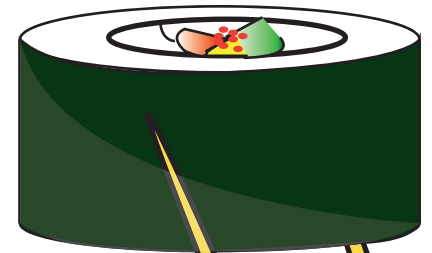
This one can be added to the starter pack because the flavors of each ingredient are not extreme to scare you away, almost like a salad wrapped in bite size pieces.

Another option you can have is the shrimp tempura roll. If you're a fan of fried foods, this should be the choice for you. What this roll consist of is battered shrimp deep fried and crab. It gives more than one texture such as its crunch, as this roll is fully cooked.

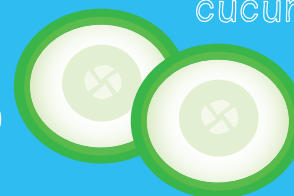
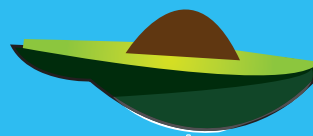
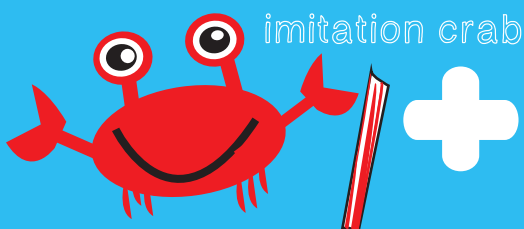
Because of the common notion that sushi has to be cold and eaten raw, this could be the standing reason as to why you, yourself might avoid giving it a try. In fact, most rolls that appear on a menu happen to be cooked.

Another thought might be that sushi is expensive. This statement can be true, but just like any menu, they are bound to have items whose prices can be enough to stretch the typical high schooler's wallet. That's why options like the California roll and shrimp tempura, are only around \$6 for students with a budget, AKA, most of us.

So before you knock it, try it. Think, when was the last time you did something for the first time and took the opportunity to experience a culture outside of your own. In this case it's through food!



Graphic by: Bitmoji



Design/Graphics: J.Inthabounh/H. Nguyen

My Top³ Sushi Spots **SUSHI**

Jasmine Inthabounh, Managing Editor



Graphic by: Bitmoji

1 **SAKARI SUSHI LOUNGE - 2605 Ingersoll Ave, Des Moines, IA 50312**

Sakari Sushi Lounge is hands down my #1 and go-to sushi spot because not only do they have mouth watering, satisfying sushi rolls but also amazing appetizers like their “Dynamite Crab/Shrimp” and chicken wings with the most amazing mysterious sauce, I can’t seem to figure out. My favorite roll from Sakari is the “Bruce Lee” roll because it has a nice balance of textures with the soft compact rice and crispy fried outside. If anyone knows me, I love fried sushi. Just for reference, tempura is a seafood or vegetable that has been battered and deep fried, which is a popular Japanese dish. The Bruce Lee gives you a nice punch of spice that battles against the sweetness of the mango and freshness of the cucumber. But there are plenty of rolls that will satisfy any taste bud across the board at Sakari Sushi Lounge.

2 **AKEBONO JAPANESE RESTAURANT - 215 10th St, Des Moines, IA 50309**

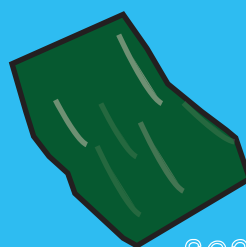
When I first went to Akebono, I was looking for a new spot to feed my sushi obsession and just to try something new and I saw a photo that looked to be a delicious, crunchy outside sushi roll called “Malibu Crunch.” This is my favorite roll to get at Akebono but, if you aren’t completely into fried sushi, sometimes I like to keep it light with just a simple roll called, “Rising Sun.” It’s simple but with the little things like shrimp tempura and a snow crab mix it takes it to another level of flavors. The “Malibu Crunch” roll to me, is a “California roll” on steroids. It gives you a little bite of crispiness on the outside and a well balance of flavors on the inside because of how effortlessly the avocado and cream cheese mesh together with the spicy salmon. Their food and service is exquisite.

3 **WASABI CHI - 5418 Douglas Ave, Des Moines, IA 50310**

Although, I’ve only been to Wasabi Chi once it made a memorable impression on my little taste buds. The roll that immediately caught my eye was the “King Crab Crunch” roll that is actually really simple, it is a tempura roll with king crab, yellowtail, onion, topped with spicy tuna, spicy mayo and unagi sauce. I know what you’re thinking, these rolls just don’t sound appetizing whatsoever but when the flavors all come together it’s like the Fourth of July in your mouth. I recommend for anyone into the fried rolls who are not fond of the whole roll entirely being fried, a roll like the “Twins of the Sea,” because there’s a nice balance of light flavor from the rice on the outside and then a little bite of crispy shrimp. I am definitely making my way back to Wasabi Chi.

What’s in a California roll?

Opinions



seaweed



white rice

