

# Take advantage of our special weekday sushi-making workshop and overnight “onsen” hot spring resort stay!

Omi♥!, the historical name for this region until 1872, is home to abundantly forested mountains which provide a scenic backdrop to Japan’s largest lake. Our water is pristine and air, fresh. Japan has one of the world’s shighest average life expectancies and Shiga prefecture, where Yuzanso is located, ranks first in Japan for men and fourth for women in this regard. Heathy diet practices may be part of the equation. Our hotel is proud to offer this sushi-making workshop, with our award-winning Omi Master Chef. This isn’t just any sushi. Come and learn from a pro!

## Our natural “onsen” hot springs

The alkaline (8.58 pH) waters of the mineral-rich natural Ogoto “onsen” hot springs contain potassium, sodium, ammonium, calcium, aluminum, metasilicic acid, metaboric acid, nitrate ion, fluorine ions, carbonate ions, sulfate ions, magnesium, ferroion, ferriion, and free carbonic acid.

## Schedule

Check-in: **3 pm**

Start making sushi at **4 pm**

Dinner **5:30 pm**

Relax, take a bath and enjoy your stay **7 pm**

The next morning: Breakfast **7 to 8 am**

Check-out by **10 am**

This workshop is only available on weekdays.

Capacity: **10 persons**

This workshop is not available in August.

A minimum of two persons is required for the sushi-making workshop.

When a sushi-making workshop day reaches capacity, we do not take additional reservations.



# Sushi making : Not As Easy As It Looks?

## 1. Prior to cooking

Please wash your hands well and put on the chef's uniform and gloves we provide.



## 2. Make sushi rice

- Pour flavored vinegar on the freshly cooked rice.
- Hand fan the rice to cool it down.
- Separate the rice by gently cutting into it vertically with your rice paddle.
- Once it cools, cover the rice with a moist cloth.



## 3. Prepare the fish

Slice the sushi fish into appropriately sized pieces at the correct angle. (This is one of the most important procedures in making sushi, so please take a deep breath and relax. Have your camera ready if you would like to take pictures.)



## 4. Make sushi

(How to shape the rice)

- I. Put some rice in your right hand and shape it into an oval.
- II. Keep the rice in your right hand and pick up a slice of fish with your left hand. Take a small portion of wasabi using the forefinger of your right hand and smear it on the sliced fish.
- III. Press the rice pod firmly onto the sliced fish.
- IV. Place the sushi on the dish.
- V. You did it!



## 5. Move all the sushi onto the serving dish.



6. We will present you with a sushi-making workshop certificate.



7. Dinner time

Enjoy the sushi you made yourself!



8. Enjoy overnight “onsen” hot spring resort stay!

