

Sushi

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The term sushi comes from an archaic grammatical form no longer used in other contexts; literally, "sushi" means "it's sour" a reflection of its historic fermented roots.

We can trace sushi's origin back to the 4th century BC in Southeast Asia. The cleaned and gutted fish were kept in rice so that the natural fermentation of the rice helped preserve the fish. This product was taken out of storage after a couple of months of fermentation, and then only the fish was consumed while the rice was discarded. Later in Edo era, Japanese began making haya-zushi, which was created as a way to eat both rice and fish [1]. There are some of the most popular types of sushi:

The rolled sushi is called maki-sushi, and can be filled with any number of ingredients. The standard in this case is the dry flattened sheets of seaweed that are used to roll the sushi. Temaki-sushi, is a subtype of maki-sushi, that is folded up without using a rolling mat.. A half or quarter sheet of seaweed is placed in the hand, with vinegared sushi rice and toppings, and rolled into a cone shape.

Nigiri sushi is a "finger" of rice with something placed on top of it, normally a piece of filleted fish or baked egg.

Sashimi literally means raw fish, and is a selection of slices of raw fish, with vinegared rice served on the side. Chirashi Sushi This is simply rice laid in bowl with vegetable and seafood on top or mixed in.

Sushi is commonly eaten with condiments. Sushi may be dipped in soy sauce, and may be flavored with wasabi, a piquant paste made from the grated root of the wasabi plant. Gari, sweet, pickled ginger is eaten with sushi to both cleanse the palate and aid in digestion [2].

Fish is widely recognized as a very healthful food. Most fish is high in the particular types of fats referred to as "Omega-3" fatty acids. Shrimp are high in calcium and iodine, while salmon are rich in Vitamin D. You'll also get the benefit of magnesium, iodine, essential for proper hormone function, calcium, iron, and antioxidant phytonutrients and folic acid from eating rolls wrapped in nori.

Health risks are differential symptoms of parasite infections by raw fish. Such parasite infections are rare in modern world and can generally be avoided by boiling, burning, preserving in salt or vinegar, or freezing overnight. Some large fish, such as tuna, can harbor high levels of mercury. Thus, tuna can lead to mercury poisoning when consumed in quantity [3].

Some environmental groups, such as the WWF, have begun campaigns to raise awareness of overfishing. One species in particular, the Bluefin Tuna, is being acutely impacted. It is reported that the Mediterranean bluefin is at only 13% of its 1975 population, despite management and conservation measures introduced by ICCAT.

In conclusion, sushi is a very healthful food. Fish, tofu, seafood, egg, and many other sushi fillings contain high levels of protein, vitamins, minerals and carbohydrates. Even those fish that are higher in fat are still healthful and heart friendly, unlike many terrestrial meats that can be high in saturated fats. As with most foods, sushi is not free from health risks, but these risks are minimized with proper preparation and service.

Bibliography:

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