

Wednesday

3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29,
5/6, 5/13, 5/20, 5/27, 6/3, 6/10

Sushi Chef Day

In the world of sushi, every little detail is a result of extensive devoted time. To be able to step behind the counter and become a head sushi chef is a long journey that requires 10 years of hard work and dedication. To bring out the fresh taste of the sea in every small bite is a lifelong pursuit of any professional sushi chef.

Nomura Sushi

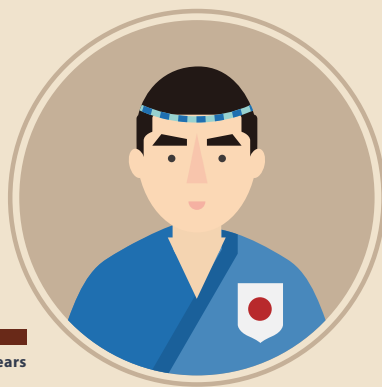
Head Chef: Nomura Yūji

Training: Japan

Gender: Male

Zodiac Sign: Sagittarius

Years of Experience: 23 years



Recommendation:

Seasonal cuisine.

Motto:

Serve food that I find delicious; customers' happiness is of the utmost importance.



Situated in a quiet alley behind Cathay General Hospital is the understated and simple Nomura Sushi, which is renowned for its Edomae sushi. When asked about why he has chosen this profession, Head Chef Nomura Yuji responded, "I like to cook, and I chose sushi because I can directly see the customers' reactions from working behind the counter and that makes me happy."

What is Edomae sushi? As explained by Chef Nomura, because refrigerators were not yet invented back in the olden days in Edomae (the old name for Tokyo), curing was a method used to preserve seafood, and this is how Edomae sushi acquired its strong flavors. Nowadays, we don't have to worry about food storage, with the traditional method used only on suitable ingredients. Chef Nomura also has a unique take on umami (pleasant savory taste), and thinks that the glutamic acid released from the "maturing" process of curing is the origin of the "umai" feelings.

There is a saying in the sushi world, "It takes three years to perfect the making of vinegar rice." Is this saying true? After shaking his head, Chef Nomura replied, "Vinegar rice is very delicate, with the temperature, moisture, and way of mixing all playing a critical role in its taste. I think about how to improve it on a daily basis when I make vinegar rice. It is an endless learning process." This shows the spirit behind this restaurant, which is to strive for the best using Japanese techniques, Japanese ingredients, and with Japanese professionalism.

When asked about what does sushi mean to him, Chef Nomura pondered for a while then responded earnestly, "Food is love."

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