

# Edomae Sushi Open Competition Overview

## 1. Advance preparation

- 1) To remove the scales, dorsal fins, head, intestines, and the bloody substances flesh of Kohada (Japanese shad) or Aji (horse mackerel)  
※ To be completed before the competition begins.

## 2. Preparation session (preparation techniques) [Time limit: 30 minutes]

- 1) Food materials  
2 Akagai (ark shell), 1 Anago (sea eel),  
and 2 Kohada (Japanese shad) or 2 Aji (horse mackerel)  
※ The prepared food material will then be used for the “nigiri session” after this evaluation.

### 2) Contents

Akagai (ark shell): Open the shell and remove the intestines and clean its band.

#### Examination item (5 points each, 25 points total)

1. Does not have any intestine left on the flesh.
2. Does not have any flesh stick to the intestine that has been removed.  
(The processed intestines must be shown on the cutting board.)
3. The mucus and dirt on the band have been cleaned.
4. have a beautiful and lean knife work.
5. It is cut symmetrically to the left and right.

Anago (eel): Securely nail and fillet the eel (by either opening the back or front belly)

#### Examination item (5 points each, 20 points total)

1. Does not have any flesh on the removed bone and has been cleanly processed.
2. Does not have bone left on the flesh.  
(The treated bone and dressed fin must be shown on the cutting board)
3. Dorsal and ventral fins must be processed.
4. It is opened symmetrically to the left and right and removed Chiai (The dark red parts of the meat) by clean knife work.

Kohada (Japanese shad): Open the belly which removed the scales, dorsal fins, head, intestines, and the gut

#### Examination item (5 points each, 20 points total)

1. Scales and dorsal fins are beautifully processed.
2. Smooth and neat cut.
3. Does not have flesh on the removed bone.
4. It has been cut and opened symmetrically to the left and right, and the intestinal membranes, etc. have been removed.

Aji (horse mackerel): Cut into three parts (Sanmai-oroshi)

#### Examination item (5 points each, 20 points total)

1. Scales and dorsal fins are beautifully processed.
2. Smooth and neat cut of the fillet.
3. Does not have flesh on the removed bone.
4. It has been cut and opened symmetrically to the left and right, and the intestinal membranes, etc. have been removed.

3) Additional points

When the preparation has been completed, the contestants raise their hands and be judged.

+ 20 points: within 10 minutes

+ 10 points: within 10 to 20 minutes

No gain: within 20 to 30 minutes

### 3. **Preparation session (Food materials processing)**

※ To be prepared by own self after the Preparation session (preparation techniques)

1) Contents

- Kohada (Japanese shed) to be seasoned with salt for 10 minutes, and then soaked in vinegar for 10 minutes.
- Aji (horse mackerel) is, sprinkled with salt and leave for 5 minutes, then washed with vinegar.
- ※ Prepared Kohada (Japanese shed) or Aji (horse mackerel), and Akagai (ark shell) will be used in the "Nigiri session".
- ※ Cooking method for Anago's (conger eel) is free.

### 4. **Otsukuri session** [Time limit: 20minites]

1) Food materials

Buri (yellowtail), salmon, Daikon (radish), tuna, sea bream(snapper, or flounder), Oba leaves, Wasabi, small chrysanthemum

2) Contents

Sashimi garnishes: Peel thin strips from Daikon radish (Katsuramuki) further, cut the peel into thin strips. [Time limit 10 minutes]

Examination items (10 points)

1. The length of the peel should be more than 100 cm and should be thin and beautifully peeled off.
2. Thin strips that are being further cut from the peel should be equal and beautiful.
- ※ Contestants who have finished 100cm of peel (Katsuramuki) (approx. length is about 1.5 times that of a cutting board) should raise their hands and be judged.

Sashimi: Produce cuts of Hikizukuri, Sogizukuri, Hirazukuri, Usuzukuri and dish up.

[Time limit 10 minutes]

Examination items (Sashimi cut 10 points, plate presentation 10 points)

1. Understands the different cut methods of Hikizukuri, Sogizukuri, Hirazukuri, Usuzukuri, and it is expressed clearly.
2. The use of a kitchen knife is good and is evenly cut.

3. Understand the characteristics of the fish, the kitchen knife is clean, and the plate presentation is beautiful.
- ※ It is desirable that contestants bring their own plate (within 30cm x 30cm). If it is not possible, they are allowed to use the plates prepared by the WSC management committee (with advance application).
- ※ It is required to dish up at least 4 slices each in 4 different cut methods.

## 5. Nigiri session [Time limit 40 minutes]

### 1) Food Materials

Buri (yellowtail), Hotate (scallops), tuna, shrimp, salmon, squid, Kampachi (amberjack), Akagai (ark shell), Kohada (Japanese shed) or Aji (horse mackerel), salmon roe, Tobiko (flying fish roe), Soboro (ground meat), cucumber, Nori (dried seaweed), Wasabi, Gari (sushi ginger), omelet, Sasa (bamboo Leaves) will be supplied by the WSC management committee.

- ※ These items may change depending on buying conditions.

### 2) Contents

Finish presenting a plate of more than **35 points of sushi, under 50 points** by using the above-mentioned food materials.

Point Guidelines (Sample images are shown at the very end of the page.)

- 1-point items: 1 Nigiri sushi, 1 Gunkan maki, 1 hand-rolled sushi
- 2-points item: 1 thin roll
- ※ Even if 1 thin roll is cut into six pieces, it is still 2 points total.
- 3-points items: 1 medium roll, 1 thick roll, 1 Battera, 1 box sushi, 1 bar sushi
- ※ Even if each sushi is cut into several pieces, it is still 3 points total.
- 4-points items: 1 sushi recognized as Kazari sushi
- Every piece of Kazari roll is considered 1 point each.
- ※ Sushi without rice can be included in the plate, but there is no point to gain.
- ※ It is desirable that contestants bring their own plate. If it is not possible, they are allowed to use the plates prepared by the WSC management committee (with advance application).
- ※ The number of plates is not restricted.
- ※ Contestants are allowed to bring in any decorative items such as leaves, and flowers.

### Examination points (Over all of Edomae)

The judging will be based on a comprehensive review of hygiene management, preparation techniques, cooking techniques, etc., that a chef should have mastered.

#### 1. Basic points

- 25 points: Hygiene management
- 65 points: Preparation techniques
- 30 points: Sashimi cut techniques (Otsukuri)
- 75 points: Sushi making skills
- 5 points: Bamboo cutting

**Total 200-points**

2. Additional points

A maximum of 20 points will be gained in the preparation section  
(preparation techniques)

3. Deduction of points

- Contestants who continue to work even after the end of the cooking time will be disqualified.
- Cutting of finger or hand will have **50 points deducted**.
- In case of insufficient numbers of sushi produced, there will be a deduction of 5 points per piece.
- If any of the food loss (cutting off parts of the roll to match the size of other pieces, redo due to failure in rolling, disposal of unused food material, making unused sushi) is found, there will be a deduction of up to 10 points per jury.
- ※ If the loss is seen only in some cases, depending on the degree, 5 or 3 points will be deducted per jury.

# Creative Sushi Open Competition Overview

## 1. Final competition for the top 15 winners of the Edomae Sushi Open Competition

[Time limit 60 minutes]

### 1) Food materials

- Participants are free to bring in any ingredients or seasoning they want to use.
- These materials will be supplied by the WSC management committee as below.
  - Buri (yellowtail), Hotate (scallops), tuna, shrimp, salmon, squid,
  - Kampachi (amberjack), Akagai (ark shell),
  - Kohada (Japanese shed), Aji (horse mackerel),
  - salmon roe, Tobiko (flying fish roe), Anago (eel),
  - Soboro (ground meat), cucumber, Nori (dried seaweed) , Wasabi, Gari (sushi ginger),
  - omelet, Sasa (bamboo leaves)
- ※ These items may change depending on buying conditions.

### 2) Contents

- **More than 50 points.**
- Please decide on the theme of your work.
  - ※ The theme of the work, description of the appeal, and description of sushi for the tasting judge must be submitted to the WSC management committee in advance.
- The theme will be expressed in terms of novelty, quality, beauty, and tasty.
- Separately, 10 pieces will be prepared for the tasting judge. (All of the same material)
- The sushi for the tasting judge must be completed by the time the judges arrive so that the judges can conduct the tasting judge immediately. The timing will be announced before the start.

Point Guidelines (Sample images are shown at the very end of the page.)

- 1-point items: 1 Nigiri sushi, 1 Gunkan maki, 1 hand-rolled sushi
- 2-points item: 1 thin roll
  - ※ Even if 1 thin roll is cut into six pieces, it is still 2 points total.
- 3- points items: 1 medium roll, 1 thick roll, 1 Battera, 1 box sushi, 1 bar sushi
  - ※ Even if each sushi is cut into several pieces, it is still 3 points total.
- 4-points items: 1 sushi recognized as Kazari sushi
  - Every piece of Kazari roll is considered 1 point each.
  - ※ Sushi without rice can be included in the plate, but there is no point to gain.
  - ※ It is desirable that contestants bring their own plate. If it is not possible, they are allowed to use the plates prepared by the WSC management committee (with advance application).
  - ※ The same plates may be used for both Edomae and creative sushi, but it is preferable to use the appropriate plates for each type of sushi.
  - ※ The number of plates and their shape are not restricted. The number of sushi and the balance of the plates are also subject to evaluation.
  - ※ Contestants are allowed to bring in any decorative items such as leaves, and flowers. Decorative items may be used to maximize the expression of cooking skills and their sense of style.

- ※ Items that take more than one hour to prepare may be prepared in advance or brought in.
- ※ Marinated and other processed foods (e.g., blocks) are allowed, however cutting of fish to final shape must be done in the competition.
- ※ Contestants are required to apply to the WSC management committee a day in advance if they need to do preparation work after Edomae, such as marinating, flavoring, and hardening by chilling work.
- ※ All work must be done alone by the contestants themselves only and no assistant is allowed. Any violation will result in disqualification.

### Examination points

Judging will be based on overall cooking techniques, completion of work and the taste, etc., as well as hygiene management that chefs should have mastered.

#### 1. Basic points

20 points: Hygiene management

90 points: Preparation skills and completion

20 points: Taste, Presentation

20 points: Dish up

**Total 150 points**

#### 2. Deduction of points

- Contestants who continue to work even after the end of the cooking time will be disqualified.
  - Cutting of finger or hand will have 10 points deducted per jury.
  - In case of insufficient numbers of sushi produced, there will be a deduction of 5 points per piece.
  - If any of the food loss (cutting off parts of the roll to match the size of other pieces, redo due to failure in rolling, disposal of unused food material, making unused sushi) is found, there will be a deduction of up to 10 points per jury.
- ※ If the loss is seen only in some cases, depending on the degree, 5 or 3 points will be deducted per jury.

**Point guideline with pictures**



1 point :Nigiri sushi



1 point: Gunkan maki



1 point: hand-rolled sushi



2 points: thin rolls



3 points: medium rolls, thick rolls





3 points: Battera, box sushi, bar sushi



4 points: sushi recognized as Kazari sushi







Every piece of Kazari roll is considered 1 point each.