

# Edomae Sushi Open Competition Details

## 1. Advance preparation

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Remove the scales, dorsal fins, head, innards, and bloody flesh of *kohada* (Japanese shad) or *aji* (horse mackerel)

※ To be completed before the competition begins.

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

< Food materials >

2 *akaagai* (blood clam), 1 *anago* (sea eel), and 2 *kohada* (Japanese shad) or 2 *aji* (horse mackerel)

※ The prepared food will be judged before it is used in the “nigiri session”.

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**Akagai** : Open the shell. Remove the organs. Separate and clean the mantle.

Examination items (5 points each, 25 points total)

- 1) Organs are completely removed from the flesh.
- 2) No flesh has been removed along with the organs.  
(The processed innards must be displayed on the cutting board.)
- 3) Mucus and dirt have been cleaned from the mantle.
- 4) Knife work is clean and precise.
- 5) Body is halved and opened into symmetrical lobes.

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

Examination items (5 points each, 20 points total)

- 1) Organs and bone are completely removed, and no flesh remains on the removed bone.
- 2) All fine bones have been removed from the flesh.  
(The trimmed bone and fin must be displayed on the cutting board.)
- 3) Dorsal and ventral fins must be processed.
- 4) The body is butterflied and opened symmetrically, and all *chiai* (bloody meat) has been removed with clean knife work.

**Kohada** : Open the belly, remove scales, dorsal fins, head, and organs.

Examination items (5 points each, 20 points total)

- 1) Scales and dorsal fins are removed and processed cleanly.
- 2) Cuts are smooth and precise.
- 3) No flesh remains on the removed bone.
- 4) The fish has been butterflied and opened symmetrically, and all organs and membranes have been removed.

**Aji** : Cut into three parts (*Sanmai-oroshi*)

Examination items (5 points each, 20 points total)

- 1) Scales and dorsal fins are removed and processed cleanly.
- 2) Fillet is smooth and neatly cut.
- 3) No flesh remains on the removed bone.
- 4) The fish has been butterflied and opened symmetrically, and all organs and membranes been removed.

< Points Guidelines >

Once preparation is complete, contestants raise their hands to signal the judges. Additional points may be awarded for speed.

+ 20 points: within 10 minutes

+ 10 points: within 10 to 20 minutes

No gain: within 20 to 30 minutes

## 3. Preparation session (food processing)

※ Prepared by the contestant with food processed in the previous session (technique)

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- *Kohada* is seasoned with salt for 10 minutes, then soaked in vinegar for 10 minutes.

- *Aji* is sprinkled with salt and left for 5 minutes, then washed with vinegar.
- ※ Prepared *kohada* or *aji*, and *akagai* will be used in the Nigiri Session.
- ※ *Anago* may be cooked in any style.

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

< Food materials >

*Buri* (yellowtail), salmon, daikon, tuna, sea bream (snapper or flounder), shiso, wasabi, small chrysanthemum

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Sashimi garnishes: Peel long, thin strips from daikon (*katsuramuki*), then *julienne* the peel. [Time limit 10 minutes]

##### Examination items (10 points)

- 1) The peel should be at least 100 cm long and approximately 1.5 times the length of a cutting board, very thin and flawlessly executed.
- 2) Thin strips cut from the peel should be uniform and visually appealing.

- ※ Contestants who have completed *katsuramuki* should raise their hands to signal the judges.
- Sashimi: Produce cuts of *hikizukuri*, *sogizukuri*, *hirazukuri*, *usuzukuri* and plate their dishes.  
[Time limit: 10 minutes]

##### Examination items (sashimi cut 10 points, plate presentation 10 points)

- 1) Exhibits a clear understanding and demonstration of the different cuts: *hikizukuri*, *sogizukuri*, *hirazukuri*, and *usuzukuri*.
  - 2) Knife work is smooth, precise, and visually appealing.
  - 3) Understands the characteristics of each fish, knife work is clean, and the plating is aesthetically pleasing.
- ※ Contestants should bring their own serving plates, no larger than 30 cm x 30 cm. Otherwise, contestants may use plates supplied by the WSC management committee (with advance application).
  - ※ Contestants must serve at least 4 pieces each for 4 different cutting methods.

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

< Food Materials >

*Buri*, *hotate* (scallop), tuna, shrimp, salmon, squid, *kampachi* (greater amberjack), *akagai*, *kohada* or *aji*, salmon roe, *tobiko* (flying fish roe), *soboro* (ground meat), cucumber, nori, wasabi, gari, omelet, and *sasa* (bamboo leaf) will be supplied by the WSC management committee.

- ※ These items may change depending on availability and cost.

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Present a sushi plate representing 35-50 points, using the foodstuffs described above.

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

- 1 point: 1 Nigiri sushi, 1 *gunkan* maki, 1 hand-rolled sushi
- 2 points: 1 thin roll
  - ※ 1 thin roll cut into six pieces is worth 2 points.
- 3 points: 1 medium roll, 1 thick roll, 1 *battera*, 1 box sushi, 1 bar sushi
  - ※ Each sushi type, regardless whether it is cut into pieces, is worth 3 points.
- 4 points: 1 sushi recognized as *kazari* sushi
- Each *kazari* roll component is worth 1 point.
  - ※ Foods without rice can be included in the plate, but there is no point gain.
  - ※ Contestants should bring their own serving plate. If not, they may use plates supplied by the WSC management committee (with advance application).
  - ※ Contestants may use any number of serving plates.
  - ※ Contestants may use organic, such as leaves and flowers, and non-organic materials as decoration.

### **Examination points (Overall Edomae skills)**

Judging will be based on a comprehensive review of hygiene management, preparation technique, cooking technique, and mastery of culinary skills.

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 may be awarded for preparation technique.

3) Deduction of points

- Contestants who continue working past the end of cooking time will be disqualified.
- Cuts to a finger or hand will result in a deduction of 50 points each.
- A 5-point deduction will be applied for each missing piece of sushi if the required quantity is not met.
- A deduction of up to 10 points per judge will be applied if any food waste is identified, including cutting parts of rolls to match other pieces, remaking failed rolls, discarding unused ingredients, or making extra sushi that is not used.

## Creative Sushi Open Competition Details

### 1. Final competition for the top 15 winners of the *Edomae* Sushi Open Competition [Time limit: 60 minutes]

#### < Food materials >

- Participants are free to bring any ingredients or seasoning they want to use.
- The WSC management committee will supply the following:
  - Buri* (yellowtail), *hotate* (scallop), tuna, shrimp, salmon, squid, *kampachi* (greater amberjack), *akagai* (blood clam), *kohada* (Japanese shad), *aji* (horse mackerel), salmon roe, *tobiko* (flying fish roe), *anago* (eel), *soboro* (ground meat), cucumber, nori, wasabi, gari, omelet, *sasa* (bamboo leaves)
  - ※ These items may change depending on availability and cost.

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- More than 50 points.
- Please decide on the theme of your work.
  - ※ The theme of the dish, the explanation of its appeal, and a description of the sushi for the tasting judges must be submitted to the WSC management committee in advance.
- The theme should be reflected in originality, quality, appearance, and flavor.
- In addition to the presentation sushi, 10 identical pieces must be prepared for the tasting judges.
- The sushi for the tasting judges must be completed and ready for tasting before the judges arrive. The timing will be announced before the start of competition.

#### < Point Guidelines > (Sample images are shown at the end of the page.)

- 1- point: 1 nigiri sushi, 1 *gunkan* maki, 1 hand-rolled sushi
- 2 points: 1 thin roll
  - ※ 1 thin roll cut into six pieces is worth 2 points.
- 3 points: 1 medium roll, 1 thick roll, 1 *battera*, 1 box sushi, 1 bar sushi
  - ※ Each sushi type, regardless whether it is cut into pieces, is worth 3 points.
- 4 points: 1 sushi recognized as *kazari* sushi
- Each *kazari* roll component is worth 1 point.
  - ※ Ingredients other than rice can be included in the plate, but there is no point to gain.
  - ※ Contestants should bring their own serving plate. If not, they may use 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 serving plates appropriate to each type of sushi.
  - ※ Contestants may use any number of serving plates. The number of sushi and balance of the plates will also be considered in the judging.
  - ※ Contestants are allowed to bring decorative items such as leaves, and flowers. Decorative items may be used to enhance the expression of culinary skills and showcase the chef's personal style.
  - ※ Items that require more than one hour to prepare may be prepared in advance or brought in.
  - ※ Marinated and other processed foods are allowed, however, fish must be cut to its final shape during the competition.
  - ※ Contestants must submit a request to the WSC management committee at least one day in advance if they need to perform any post-*Edomae* preparation, such as marinating, seasoning, or chilling to firm their ingredients.
  - ※ All work must be performed by the contestant alone with no assistance. Any violation will result in disqualification.

## **Examination points**

Judging will be based on a comprehensive review of hygiene management, preparation technique, cooking technique, and mastery of culinary skills.

### 1) Basic points

- 20 points: Hygiene management
- 90 points: Preparation technique and completion
- 20 points: Taste and appearance
- 20 points: Plating
- Total 150 points

### 2) Deduction of points

- Contestants who continue working past the end of the cooking time will be disqualified.
- Cuts to a finger or hand will result in a deduction of 10 points each.
- A 5-point deduction will be applied for each missing piece of sushi if the required quantity is not met.
- A deduction of up to 10 points per judge will be applied if any food waste is identified, including cutting parts of rolls to match other pieces, remaking failed rolls, discarding unused ingredients, or making extra sushi that is not used.

## Point Guidelines 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







Each *kazari* roll component is worth 1 point each.

