CULINARYORIGIN / JAPAN

江戸前握り寿司

Edomae nigiri sushi from Tokyo



Own image (AI-generated)

JAP-009 | 4 people · 18 nigiri | Difficulty 5/5

Approx. 2 hours

Sushi / Edomae | Japan · Tokyo (historic Edo Bay)

Several neta, plus rice with 10 min of draining, an unspecified cooking time and 15 min of resting afterwards. Mirin sauces and tamagoyaki must cool completely. Without a defined rice programme and cooling schedule, 120 min is not a reliable total time. Fish suitable for eating raw remains a separate requirement of this recipe.

Before you cook

Authenticity and sources

Edomae is not an arbitrary sushi platter, but the craft of treating fish from historic Tokyo: marinating, salting, curing in vinegar, cooking and finishing with sauce. This archive version focuses on three classic neta: zuke maguro, vinegar-cured kohada and tamagoyaki. The key is shari seasoned with akazu, red sake-lees vinegar. Salmon, avocado and mayonnaise are deliberately left out.

Timing and preparation

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Ingredients (metric)

Akazu shari - 赤酢のシャリ

300 g	Japanese short-grain rice - Sushi-meshi
330 ml	Water - For cooking
30 ml	Sake - 清酒 / seishu
12 cm	Kombu - 昆布
60 ml	Red sushi vinegar - 赤酢 / akazu
2 g	Sugar - Fine
5 g	Salt - Fine

Zuke maguro - づけ鮪

180 g	Tuna loin - 赤身 / akami, expressly suitable for eating raw
30 ml	Koikuchi shōyu - 濃口醤油
10 ml	Hon-mirin - 本みりん

Kohada - 小肌

200 g	Kohada / Konoshiro - Butterflied, expressly suitable for eating raw
30 g	Salt - For salting the fish
120 ml	Red sushi vinegar - 赤酢 / akazu, for curing

Tamagoyaki & finishing - 玉子焼き

4 pieces	Eggs - Size M
60 ml	Ichiban dashi - 一番だし
10 g	Sugar - Fine
5 ml	Usukuchi shōyu - 薄口醤油
8 ml	Neutral oil - For the tamagoyaki pan
30 ml	Koikuchi shōyu - For nikiri shōyu
10 ml	Sake - For nikiri shōyu
10 ml	Hon-mirin - For nikiri shōyu
2 g	Kombu - For nikiri shōyu
12 g	Hon-wasabi - 本わさび, freshly grated

Method

01 Salt and cure the kohada

Cover both sides of the butterflied kohada evenly with 30 g salt and leave for 20 minutes. Rinse off the salt under cold water, dry the fish carefully and cure in akazu for 20 minutes. Lift out, pat dry and keep cold until shaping.

02 Cook the rice

Wash the rice thoroughly and drain for 10 minutes. Cook with the water, sake and kombu; once cooking finishes, leave covered for 15 minutes. Remove the kombu.

03 Cut and fold the akazu shari

Dissolve the sugar and salt in the akazu. Transfer the hot rice to a dampened hangiri, distribute the seasoning over it and turn with cutting strokes of a shamoji while fanning the rice. Do not stir or press; cover with a damp cloth and keep lukewarm.

04 Make the zuke maguro

Briefly heat the hon-mirin to let the alcohol evaporate, mix with the koikuchi shōyu and cool completely. Cut the tuna into six even pieces, marinate for 10 minutes, lift out and pat dry.

05 Make the nikiri shōyu

Heat the sake and hon-mirin and let the alcohol evaporate. Add koikuchi shōyu and kombu, warm gently without boiling. Cool completely; this sauce will be brushed on later, not served as a dip.

06 Roll the tamagoyaki

Mix the eggs, dashi, sugar and usukuchi shōyu. In a lightly oiled tamagoyaki pan, fold several thin layers into a firm, juicy roll. Cool and cut into six pieces.

07 Shape and finish the nigiri

Gently press about 20 g shari into each oblong mound. Add a trace of hon-wasabi, top with zuke maguro, kohada or tamagoyaki and shape with only two or three gentle movements. Brush the maguro and kohada very lightly with nikiri and serve immediately.

08 Serve as a complete bite

Edomae nigiri is already balanced: no soy-sauce dish, no pickled ginger on the nigiri and no Western sauces. Each bite is eaten just as it was shaped.

Archivist’s notes

Edomae describes the work on the neta: zuke marinating, salting, vinegar curing, cooking and brushing with nikiri. It is not an arbitrary selection of raw fish.

Akazu is made from sake lees and gives shari its light amber colour and depth. Balsamic or red wine vinegar does not belong in this sushi.

In Tokyo, kohada is traditionally salted first and then cured in vinegar. Its texture and acidity deliberately contrast with the leaner maguro.

Buy only fish expressly intended for eating raw from a trusted specialist, keep it very cold throughout and prepare it on the day of purchase.

Alternatives usable in Europe

Akazu → look for red sushi vinegar or sake-lees vinegar at Japanese specialist shops. Alternative usable in Europe: Japanese rice vinegar (komezu); the characteristic depth of Edo shari will be missing.

Kohada / Konoshiro → order from a Japanese fishmonger; do not substitute herring, mackerel or salmon. If unavailable, omit these nigiri instead.

Hon-wasabi → freshly grated real wasabi is ideal; ordinary horseradish paste is not an equivalent substitute.

Hangiri → the traditional wooden tub regulates moisture. Alternative usable in Europe: a wide, non-reactive bowl; it does not replicate the tub’s effect on the rice.

Nutrition

Not calculated. No reproducible nutrition calculation is documented for this recipe. The previous serving basis was inconsistent; the amounts of rice, fish and sauce eaten and the finished weight are not documented. Earlier estimates are preserved in the audit archive. Missing values do not mean zero.

Nutrient	Per 100 g	Per portion
Energy	not calculated	not calculated
Protein	not calculated	not calculated
Fat	not calculated	not calculated
Carbohydrate	not calculated	not calculated
Salt	not calculated	not calculated

Documented sources

Source references and access dates are carried over from the reviewed archive. This English edition does not claim new source checks or an in-house cooking test.

01 MAFF - Nigiri sushi (Tokyo)

Japanese | Accessed 29 August 2026

Open original source

02 Sushi Kano (Edogawa) - How to make nikiri shōyu

Japanese | Accessed 29 August 2026

Open original source

03 Ginza Watari - Preparing kohada

Japanese | Accessed 29 August 2026

Open original source

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