

# RAW LIKE SUSHI

## NORDIC STAPLES AND JAPANESE FLAVOURS



## Contents

Preface Mathias Dahlgren  
Preface Frida Ronge  
Knives, kitchen tools and equipment  
Choosing the fish  
Cutting the fish  
Fish  
Shellfish  
Rice  
Algae and seaweed  
Vegetables and berries  
In the larder  
Recipes  
Sashimi and tartar  
Sushi  
Side dishes  
Main course  
Condiments and pickles  
Desserts  
Basic recipes  
Sake  
Tea  
Index

## Rå som sushi

### Nordiska råvaror och japanska smaker

Frida Ronge  
180x250, 144 p

*We have the best fish up here in the Nordic region. Therefore it is strange that we don't eat it more the way it tastes best – raw.*

**F**rida Ronge is the daughter of a fishmonger who has worked with raw fish in restaurants for 10 years. All her main ingredients come from the Nordic region but she adds flavours and techniques from Japan. In this book she wants to get rid of the drama and show how simple, quick and incredibly tasty it is to eat fish straight out of the sea. She runs through certain basic techniques such as handling and slicing raw fish and how to choose fish at the market.

Apart from the most common sushi varieties, nigiri sushi, the book also contains recipes and step-by-step instructions on maki (rolls), temaki (rice cones) and perhaps the most basic sushi – chirashi sushi – rice flavoured with vinegar in a bowl and topped with fish.

Raw fish is not only sushi but also sashimi, such as raw halibut with brown butter, yuzu, tataki of beef, and tartar of white fish, fermented in vinegar and citrus fruit.

In the book there are also recipes of donduri (warm rice with toppings), cold noodles and some delicious desserts.



## About the author

**Frida Ronge** started working with sushi at *Sälens Högfälls hotel* ten years ago and she was head of kitchen when she set up *Råkultur* in Stockholm, with Sayan Isaksson. In 2012 she founded *Vrå* at Clarion Hotel Post in Göteborg, which to begin with was to be a pop up-restaurant serving raw fish, but after fantastic reviews became a stable restaurant venue and was voted 13th best restaurant in Sweden. In 2015 Frida was voted The Year's Rising Star, by White Guide and in the spring of 2017 she established *Tak* in Petter Stordalen's chain of hotels Nordic Hotel & Resort, with among other things a raw bar and a Nordic Japanese restaurant.



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