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## The History Of Sushi

The history of sushi started as a legend: a elderly woman began hiding pots of rice in Osprey nests for fear thief's would steal them. Over time, the rice would ferment and the fish from the Osprey's scraps would blend together making sushi. Although this is cute, the actual origin of sushi is much simpler. the ancient Chinese stored their fish in fermented rice to keep their fish edible. Then they would throw away the rice and eat the fish.

This idea eventually spread through Japan where fish is a food staple, and they started eating the rice with the fish. To quicken the fermentation process, they started adding vinegar. In the early nineteenth century, a man started instead of wrapping the fish in rice, putting the fish on to. This was the start of Nigiri sushi. At this time, sushi was served in stalls along the street as fast food. After World War 2 many of the stalls were shut down and moved indoors for a dining experience. Later on in time the sushi restaurants became more formal being quickly adopted by Western culture.

Sushi has evolved many times over the years, and the once only Asian food is now being adopted all over the world. Western influences have come up with many new rolls such as the California roll, and many others. Demand for sushi is evolving and more rolls are made every day. The history of sushi is 1,800 years long, and I have a feeling its still has got a ways to go.