

Training Provider	
SINGAPORE PROFESSIONALS' AND EXECUTIVES' CO-OPERATIVE LTD (SPEC)	
Course Summary	
Course Title	Crafting Japanese Bento - Mastering the Art of 四海巻き寿司 (Four Seas Rolled Sushi)
Language	ENGLISH
Duration of course	7 Hours
Course Details	
Course Overview	This course provides practical culinary skills that can be applied in various professional settings, including restaurants, catering, and food services. Learning to make and present 四海巻き寿司 enhances employability for individuals interested in Japanese cuisine, particularly in the growing global demand for authentic and aesthetically pleasing food experiences. For chefs, food stylists, and catering professionals, mastering the art of sushi making adds a valuable skill to their portfolio, increasing opportunities for work in high-end dining establishments, event catering, and food presentation.
Course Objective	This one-day course offers an immersive experience in crafting a traditional Japanese bento set, with a focus on creating the elegant and visually stunning 四海巻き寿司 (Four Seas Rolled Sushi). Participants will learn the essential techniques of sushi making, explore the art of combining different ingredients, and understand how to balance flavors and textures. By the end of the course, participants will have the skills to create their own beautifully presented sushi rolls and bento boxes, perfect for both personal enjoyment and professional use in food preparation.
Topics Covered	<p>Introduction to 四海巻き寿司</p> <p>History and cultural significance of 四海巻き寿司</p> <p>Key ingredients and tools needed for sushi making</p> <p>Techniques for Sushi Making</p> <ul style="list-style-type: none"> • Step-by-step guidance on preparing sushi rice • How to handle and prepare ingredients such as fish, vegetables, and seaweed • Rolling techniques to create perfectly shaped sushi rolls

	<p>Ingredient Pairing and Flavor Balancing</p> <ul style="list-style-type: none"> • Choosing the right ingredients for flavor and texture balance • How to creatively combine different ingredients to enhance the visual appeal of sushi <p>Hands-on Sushi Making Workshop</p> <ul style="list-style-type: none"> • Practical session where participants create their own 四海巻き寿司 • Learning to assemble and present the bento set with complementary side dishes <p>Presentation and Bento Design</p> <ul style="list-style-type: none"> • Techniques for arranging sushi in a bento box for visual appeal • Understanding the importance of color, texture, and arrangement in traditional Japanese bento sets <p>Cultural Insights and Bento Etiquette</p> <ul style="list-style-type: none"> • Exploring the cultural significance of bento in Japan • How to pack and present a bento in a traditional and modern context
<p>Learning Outcome</p>	<ul style="list-style-type: none"> • Master the techniques for making 四海巻き寿司, including sushi rice preparation, rolling, and ingredient pairing. • Understand how to balance flavors and textures in sushi to create a harmonious dish. • Gain hands-on experience in preparing and presenting a complete bento set. • Learn the cultural significance of bento and sushi in Japan and how to apply traditional techniques in a modern context. • Develop skills to create beautifully presented and delicious sushi rolls for personal or professional purposes.
<p>Delivery Method</p>	<p>Lecture: 1 hr Demonstration: 2 hrs Role play/Practical Based Activities: 4 hrs</p>