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Sushi Essentials Vinegar

Extreme Sushi Challenge

We dare you!

Marie Kondo Tidy Your Room!

> Mysterious Geisha

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About Sushi Hub

Sushi Hub is all about serving fresh, top quality sushi to its customers. To consistently ensure the best quality for its whole range, Sushi Hub predominantly sources its ingredients locally, with fresh ingredients delivered daily. This care and attention to detail all begins in the kitchen, where all Sushi Hub chefs undergo a minimum of twelve months training in the art of sushi making.

Sushi Hub knows that to give the best to its customers it has to have the most committed staff and retain them. It does this by endeavouring to provide both the best work environment and staff coaching programs. It encourages younger staff, with essential support and mentoring as they are seen to be central to the successful future of the business.

Passionate about its love of classic sushi, Sushi Hub has created an inspirational menu that is fresh and full of flavour that includes: Maki Roll, Sushi Box, Sashimi & Salad, Inari, Nigiri and Sushi Platters. The popular Sushi Hub signature dishes such as: Fresh Tasmanian Salmon Roll; Crispy Free Range Chicken Roll and Tuna Salad Roll appeal to the eyes as well as the palate. For sushi lovers who are looking for a low GI and high fibre option, brown rice alternatives are available on request at selected stores.



ようこそ Youkoso

Crazy sushi, wicked sushi, mad sushi...sushi that is just not your normal everyday sushi. That's what we are looking for in Sushi Hub's Extreme Sushi Challenge. In this issue we show you some pretty amazing sushi examples to get your creative juices flowing. And we are asking you to come up with your own Extreme Sushi to win some fabulous prizes.

If you are going to make sushi, you need all the right ingredients and in these pages we investigate sushi vinegar. Every part of the globe has its own version of vinegar, from extremely tart to caramel sweet and everything in between. But the vinegar that is essential to the making of sushi is unique.

If you think perhaps that testing your creative culinary skills in the kitchen may be too messy for you, we introduce you to the Japanese organising and tidying queen, Marie Kondo, who has become a global phenomenon.

Women of art...the elegant and mysterious geisha and maiko of Japan. Who are they and what does it take to achieve the pinnacle of this hallowed profession for women? And we look at Setsubun, a unique geisha performance event which coincides with Japan's April cherry blossom festival (sakura) that has been occurring annually in Japan's old capital Kvoto for 150

Who doesn't love a colourful festival - and who doesn't love the fun of the fair at a good old Aussie agricultural show, especially in these trying times for people on the land. Sushi Hub is right among the action as it debuts at the Sydney Royal Easter Show this year in a purpose built pop-up store.

And check out our preview of the Melbourne International Comedy Festival and the Melbourne Food and Wine Festival.

またね Mata ne See you.

The Hubster

The Hubster

In this issue
Hub Issue 06

In this ISSUE











Marie Kondo: uncluttered joy

Hub Issue 06

Marie Kondo:

uncluttered joy

For many of us, the thought of tidying up is the last thing that would spark joy in our lives. But a diminutive young Japanese woman named Marie Kondo has made it her mission to spark joy in the world through tidying.





With a Netflix series and book sales in the millions, Marie Kondo's simple philosophy on uncluttering has become a global phenomenon.

Marie Kondo is a tidying expert and the founder of KonMari Media. Inc.

Fascinated with organising since her childhood, Marie began her tidying consultancy as a 19-year-old university student in Tokyo after her friends would offer to pay for her tidying skills. She moved into tidying full time and soon there was a wait list for her services. Today, Marie Kondo has a global reputation as a tidying expert and helps people to transform their cluttered homes into spaces of serenity and inspiration.

As a child, Marie spent a great deal of time with her paternal grandmother, Noriko. Her grandmother's home was always neatly organised and Noriko taught her how to tidy with ease, and to cherish her belongings.

The lesson that Marie took away from her stylish grandmother, was to prioritize the things in your life that spark joy. Marie Kondo believes that this begins with tidying your home.

The KonMari Method encourages tidying by category - not by location - beginning with clothes, then moving on to books, papers, komono (miscellaneous items), and finally, sentimental items. Keep only





those things that speak to the heart, and discard items that no longer spark joy. Her zen-like philosophy is to thank them for their service – then let them go.

Marie encourages her clients to pile each category in the middle of the room - every piece of clothing, every book and so on. This puts the whole collection in

perspective, helping people to realise just how much stuff they possess.

Finish one category before moving on to the next. Then it's a process of sifting through each and every item.

Once those hard decisions have been made, all that is left are the items that truly spark joy. Marie Kondo has methods for storing these pieces. While she is not anti hanging garments in the wardrobe, she is a big advocate for folding clothes – from T-shirts and pants to underwear. Clothes are folded neatly and then rolled so that they stand upright. When stored in a drawer or dresser, the garment stacks



easily and neatly with the leading edges clearly visible for easy identification - rather like an old fashioned card file box.

The process can be daunting. Focusing on what to discard obscures the most important part of the *KonMari Method*: choosing what to keep. Minimalism champions living with less, but Marie's tidying method encourages living with items you truly cherish. She feels you can own as much or as little as you like, as long as every possession brings you true joy.

Marie Kondo has been named one of *Time* magazine's 100 Most Influential People in the World. Her name has become a verb, and she has legions of 'Konverts' around the world.

The next time you're rummaging in the sock drawer or having trouble letting go of that old T-shirt that no longer fits, ask yourself if these things really spark joy. It could change your life.







Over the centuries taiko has had various uses, from communication, military action, religious ceremonies and theatrical and festival accompaniment - such as the taiko group that has performed at Sushi Hub's birthday party (pictured below).



Sushi Hub 10th Anniversary Taiko Performance

Taiko literally means "drum", while the art of drumming is also known as kumidaiko. The drums range in size from the size of a western snare drum (shime), to drums as large as a car (the o-daiko). While there are various kinds of taiko the *nagado-daikō* (long-bodied drum) is made by hollowing out a beautifully grained piece of hard zelkova wood into a cylinder, stretching cowhide over it, and anchoring the skin with metal pins. The most common drum size is the chudaiko which is the size of a wine barrel.

The contemporary ensemble style *taiko* drumming originated in 1951, when jazz drummer Daihachi Oguchi developed it after discovering and being inspired by

an old piece of taiko music. Wondering why taiko weren't played together, he gathered some drummers and formed a taiko drum ensemble.

What makes taiko so mesmerising is the vigorous way drummers use their whole bodies to physically enhance the performance. This aspect is almost like dancing, where powerful rhythms combine with energetic movements. The most spectacular performances are those by large troupes wielding sticks in perfect time as they drum complex and powerful rhythms.

version of a taiko group. Taikoz has earned an international reputation for vibrant performances that combine with explosive energy and refined grace. Its repertoire incorporates the most delicate melodies of the shakuhachi (bamboo flute), to the thunderous impact of the o-daiko. Taikoz has performed in Australia's finest concert halls, as well as leading venues around the world including: Japan, France, Thailand, Taiwan, the United Arab Emirates, the United States and India.

Australia has Taikoz, its own dynamic



Extreme SUShi challenge

Sushi Hub is challenging you to come up with the ultimate Extreme Sushi.









We dare you...we double dare you...to come up with the most amazing and crazy sushi. Let's break with tradition and set the sushi world on a tilt. The Americans did it originally in the 1960's when they did the unheard of by introducing avocado to sushi to become the California roll. In recent years the sushi boundaries have been stretched and breached with some pretty wild variations appearing around the globe. Hong Kong's 'Myosho sushi' store (nicknamed 'killer sushi') has a cola sushi (sushi topped with jellied cola) and an ice cream sushi. In France there is a Nutella and banana sushi. Elsewhere there are sushi burgers, panda sushi in various styles, multi coloured mosaic sushi, Santa sushi, Nasi Lemak sushi, pizza sushi, donut sushi and even sushi in the shape of big brand sneakers.

In the past two issues of *Hub* magazine we have brought you *Japanese and Australian* Inventions That Changed The World. Now Sushi Hub is putting out a challenge for the ultimate Extreme Sushi that could change the sushi-eating world.

How to enter the competition and win

What we are looking for:

This is the ultimate Extreme Sushi Challenge so your entry MUST be all about sushi and it MUST be creatively crazy. AND we need you to SHOW us your Extreme Sushi concept.

You can show us by:

Making an example of your Extreme Sushi and sending us photographs of it finished OR:

Draw the idea of the Extreme Sushi concept. Show us how you think it would

All entries MUST include a list of ingredients and instructions describing their use in the Extreme Sushi

Enter by email to admin@sushihub.com.au including the name of your Extreme Sushi.

Entries close 31 May 2020. Winners will be notified by email by 15 June 2020 and posted on Sushi Hub's Facebook page.

Prizes:

- ★ Winner \$500 food voucher
- ★ 1st runner up \$250 food voucher
- ★ 2nd runner up \$100 food voucher
- ★ All entrants \$10 Sushi Hub food voucher

T&C

- 1. The ingredients used must be edible
- 2. The creation/invention must be original
- 3. Participants must provide both email and postal address



150 years of

miyako odori

For more than 1000 years the city of Kyoto was the capital of Japan, but in 1869 the capital moved to Tokyo demoting Kyoto's stature as a city in the move.

So, in 1872 Kyoto's governors held the First Kyoto Exposition following the world trend of international expositions. As an exhibition of arts and manufacturing the Kyoto Expo was developed to both preserve Kyoto's traditions while showcasing its development into a modern city. As part of the arts and entertainment program the nationally famous *geisha* of Kyoto performed the first *Miyako Odori*, which literally means Dance of the Capital.

Now, 150 years later *Miyako Odori* has become an internationally famous annual Kyoto event that occurs around the time of the famous Cherry Blossom Festival (*Sakura Matsuri*). While the show's contents are different each year, they are usually based on *Kabuki* of Japanese classical literature's the *Tale of Genji*, aspects of everyday life - and the lunar zodiac animal of the year.

The *Miyako Odori* is one of the four great spring shows in Kyoto's five *geisha* districts. The dances, songs, and theatricals presented in the *Miyako Odori* are performed by the *geisha* and *maiko* (apprentice *geisha*) of the city's Gion district.

A dance sequence in the show may involve 32 *maiko* and *geisha* as well as some 20 musicians in identical costume. The performances are divided into eight parts of 50 minutes duration that showcase the range of theatrical and musical training undertaken by *geisha* and *maiko*. Four performances are held every afternoon from April 1 – 30.

Opportunities to see these elusive entertainers are rare as private audiences with *geisha* and *maiko* are difficult to arrange without a formal introduction process and can be expensive. Enjoying a *Miyako Odori* performance followed by a trip to experience the local cherry blossoms in Maruyama Park, Kamogawa or the Philosopher Path makes for a unique Kyoto experience in April.









As show time

The Sydney Royal Easter Show (3 - 14 April 2020) is Australia's largest annual event, when Sydney and rural Australia celebrate the vital role that agriculture plays in the health and wealth of our nation and applauds the highest achievers in agricultural excellence. Non-stop competitions, a thrilling entertainment program and innovative ideas are the highlights of the 12-day event. And for the first time, Sushi Hub will be there too. Keeping with the Show's celebration of fresh produce, Sushi Hub will showcase its fresh made sushi range in a purpose-built shop. All your favourite healthy Sushi Hub meal choices will be there to ensure you don't go hungry. Located outside the Horticulture, Arts and Craft Pavilions, the shop will be open from 8am to 10pm.













melbourne

festival time For Melbourne, 2020 has got off to a roaring start with the adrenalin enriched scream of the Formula 1 Australian Grand Prix earlier in March followed by the Melbourne Fashion Festival.







Later in the month the lights of Melbourne will shine a little (MICF) invades the city for three and a half weeks from 25 March Melbourne Town Hall traditionally has been the Festival centre theatre, debates, musical shows and art exhibitions are also part of the program.

Class Clowns, a national comedy competition for high school that celebrates unique Indigenous Australian humour.



au/. Keeping everyone's plates deliciously full, the 10 day annual celebration of Victoria's food and wine industry is now

events such as *The Big Spaghetti*, presenting Melbourne's best pasta masters and the world's longest cooking demonstration with Matt Preston; Welcome to the Jungle, a rollicking plantbased party that's 100% animal free; Sichuan Snack Fair which and The Mixed Grill, a flame-grilled Middle Eastern banquet at

Many of these will be held in *Shed X* at the Queen Victoria Market. which also will hold free panel discussions and demonstrations Good Food magazine's Alison Roman, Chinese cooking guru fronting a fascinating day's sessions of Attica Presents.

Melbourne - check it out - fabulous food and fabulously funny.











vinegar barrels

In Japan, vinegar manufacturing was introduced from China in the 4th century and developed beside the cultivation of rice. It was in the Edo period (1603-1868) that rice vinegar (yonezu) first became popular together with miso and soy sauce. Rice vinegar is one of the most versatile and necessary ingredients in Japanese cuisine.

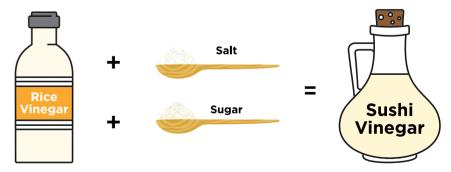
Japanese rice vinegar is produced in two stages. First the rice is brewed to make sake, or rice wine, which contains ethanol alcohol. Then through fermentation, the alcohol is converted into acetic acid, resulting in rice vinegar.

The word sushi means sour rice because seasoned rice wine vinegar (合わせ酢 awasezu) is used in its making.

Compared to simple rice wine vinegar, seasoned rice is made by adding salt and sugar.

When making sushi, it is the mixing of hot sushi rice with this sushi vinegar and then cooling it, that makes the rice shiny and sticky. The combination gives it that special lightly sour taste that elevates the flavour of each mouthful of sushi.

Compared with the more tart and pungent European style vinegars, Japanese rice vinegar is milder and sweeter, especially the sushi vinegar. It has a low 4-5% acidity, compared to the Western vinegars of 6-8% acidity and higher. 15 ml of sushi vinegar has 3 calories and 1 mg of sodium.



NOTE: Rice Vinegar + Salt + Sugar = Sushi Vinegar. So, when shopping for seasoned vinegar to make sushi, ensure the bottle's label says "Sushi Vinegar" and not just "Rice Vinegar". Otherwise the flavour imparted to the rice will be very flat because it wouldn't have the necessary salt and vinegar seasoning.

15







was exposed on the world stage.







sushi-go-round

...and round...and round















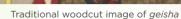
enigmatic Claisha

Geisha, elegant and graceful in their stunning kimono and perfect hair and make-up, are one of the most recognisable images synonymous with Japan.

For almost 400 years, the skilled and dignified art of being a *geisha* was a desirable and prestigious lifestyle for Japanese women, representing the peak of traditional Japanese femininity. While there would have been 80,000 *geisha* in Japan a hundred years ago, today they are a rarer sight, with barely 2,000 practicing the strict traditions of this mystical world. The city of Kyoto is the internationally recognised heartland of *geisha* (or *geiko* as they are called there).

The word *geisha* comes from *gei* meaning art and *sha* meaning person, while an apprentice *geisha* is called a *maiko* (*mai* dancing and *ko* child). *Maiko* start training from as early as 15 years old, hoping to 'debut' as a *geisha* when they are at least 20. Whether performing, pouring tea or making conversation, *geisha* are dedicated practitioners of the arts - and always the perfect hostess.





Playing the shamisen

To become a *geisha* requires years of intense training in the aesthetic skills of music, dancing, tea ceremony and conversation. And as part of this persona of perfection their appearance is an art form in itself, boasting elaborate hairstyles, intricate *kimonos* and white makeup with red lips.

Maiko usually begin their training as a *shikomi* in an *okiya* (*geisha*-house) in a *hanamachi* (*geisha* district). Then she'll graduate to become a *minarai* (watching apprentice) and start wearing the specific *maiko* clothes and accompanying and observing her older *maiko* and *geiko* 'sisters'. The three major components of a *maiko*'s training comprise: formal arts training, performance entertainment training and learning intricate social skills.

Geisha must master a range of arts, from traditional Japanese dances (including those with a fan), singing, literature, poetry, flower arranging and playing traditional instruments such as tsuzumi drums, shakuhachi bamboo flute, the shamisen guitar-like instrument and the koto, the national instrument of Japan. In addition to entertaining through the arts, geisha are also skilled in the art of conversation which requires a wide general knowledge. There have been a number of

Geisha in 1937

women from western countries who have embarked on geisha training in recent years including Fiona Graham a.k.a Savuki, a Melbourne-born social anthropologist.

As picture perfect as they are - when you can actually spot a *geisha*, the city of Kyoto has recently banned photography in parts of the city's *geisha* areas following complaints about foreign tourists in search of the perfect selfie.



Three geisha performing

Spot the difference. Geisha vs Maiko

Makeup. Maiko in particular wear thick white makeup (oshiroi), red lipstick (only on the bottom lip to show she is an apprentice) and black eyeliner around the eyes and eyebrows often, with a touch of red. But as they get older geisha limit wearing the white makeup, adopting more western cosmetics.

Hair Geisha and Maiko wear different hair styles. Maiko adopt the momoware that can be worn in at least five different styles to signify a different stage of their apprenticeship and wear flamboyant hair ornaments (kanzashi). While geisha wear variations on the shimada mage hairstyle and often wear a series of wigs in that form.

Dress Maiko wear hikizuri kimono similar to the formal furisode style. Their version has very long sleeves and long, padded hems that trail on the floor requiring them to wear tall wooden clogs (okobo) to stop their kimono dragging on the ground. A Maiko kimono collar is red and her obi (waist sash) is long and wide. When a maiko becomes a geisha, she swaps her red collar for a white one and her maiko kimono and obi for less elaborate geisha ones and steps into flat shoes (zori).



Geisha



Maiko



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word wheel puzzle

The goal of a word wheel puzzle is to create as many words as possible with the letters in the word wheel. You can only use each letter once and every word must have the letter in the centre of the wheel.

The 6 letter word is:



Results Hub Issue 06

results

Colour in to win - from last issue #5



Kiana Jackson



Annabelle



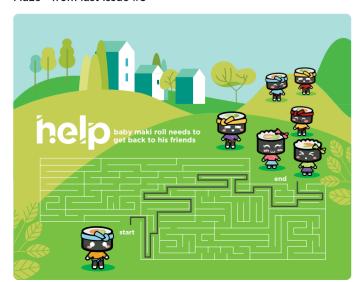
Sofia Carboni



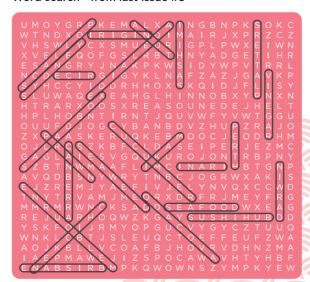
Clovey Hendra

answers

Maze - from last issue #5



Word search - from last issue #5



Our Customers

Blair and mother Julie Sawer

Jiliby NSW

What awesome fun the boys had this morning at a free sushi workshop run by Sushi Hub at Westfield Tuggerah.

Not only did they get to make their own sushi... learning lots of clever tips... but they also got to take their sushi home for lunch, plus were given a little gift bag too!

The workshop was run by the lovely Esther and a chef from Sushi Hub who were so accommodating and patient with Blair and making sure he was included and given just the right amount of help to ensure he also felt independent.

Blair was so excited to see his finished cucumber mini and chicken inside out roll.

What a fantastic experience! The boys can't wait to make sushi for the family for dinner this week.













Wilson Zhang

Sushi Hub's Human Resources Manager

As Sushi Hub's Human Resources Manager, Wilson Zhang thrives on taking on new challenges. Before coming to Sushi Hub he had more than a decade's experience in customer relations, team leading and operations in hospitality and retail. As Human Resources manager, he sees working with staff to build and maintain the Sushi Hub culture as a delicate balancing act that requires patience. His people skills particularly come into play when he's putting together a team that can work well and gel with each other like a family. Among the job's many challenges is the placement and rostering of staff from one store to another and from one state to another as Sushi Hub expands.



NSW

Balmain

Bankstown Central

Bass Hill Plaza

Bateau Bay Square

Baulkham Hills - Stockland

Blacktown - Westpoint

Brookvale - Warringah Mall

Burwood - Westfield (Coming Soon)

Cabramatta

Caddens Corner (Coming Soon)

Campbelltown Mall

Campbelltown -

Macarthur Square

Castle Hill - Castle Towers

Casula Mall

City - 275 Kent Street

City - 631 George Street

City - 815 George Street Central

City - QVB

City - Chifley Plaza

City - The Galeries Town Hall

City - Wintergarden

City - World Square

Chatswood

Cranebrook Village

East Maitland - Stockland **Green Hills**

Eastwood (Coming Soon)

Edmondson Park -Edmondson Square (Coming Soon)

Fairfield - Neeta City

Hornsby - Westfield

Hurstville - Westfield

Kotara - Westfield

Lake Haven Shopping Centre

Liverpool - Westfield

Mt Annan Marketplace

Narellan Town Centre

Parramatta - Westfield

Penrith - Westfield

Plumpton Marketplace Richmond Marketplace

Rockdale Plaza

Top Ryde City Centre

Tuggerah - Westfield

Tweed Head South -

Tweed City

Wetherill Park - Stockland

South Eastern Creek -

Eastern Creek Quarter

Sylvania - Southgate

Warrawong Plaza

VIC

Airport West - Westfield

Broadmeadows

Shopping Centre

Cheltenham - Southland

Cheltenham - Southland 2

Chirnside Park

Shopping Centre

City - 26 Elizabeth St

City - 475 Elizabeth St

City - Bourke Place

City - Galleria

City - QV

City - 55 Swanston Street

Clayton - M City

(Coming Soon)

Doncaster - Westfield

Greensborough Plaza

Hawthorn

Lilydale Marketplace

Maribyrnong - Highpoint

Mill Park - Plenty Valley

Narre Warren - Westfield

Fountain Gate

(Coming Soon)

Preston - Northland

Richmond -

Victoria Gardens

Ringwood - Eastland

Werribee - Pacific Werribee

Mulgrave - Waverley Gardens

Wantirna South -

Westfield Knox

Browns Plains - Grand Plaza Chermside - Westfield

City - Albert Street

City - Post Office Square Fortitude Valley -

Valley Metro (Coming Soon)

Hope Island Market Place

Mitchelton - Brookside

North Lakes - Westfield

ACT

Belconnen - Westfield

Cannington -

Westfield Carousel

City - 89 St Georges Terrace

City - 96 William Street

Innaloo - Westfield

(Coming Soon) **Midland Gate**

Casuarina Square

City - Rundle Square

Elizabeth City Centre (Coming Soon)

Golden Grove - The Grove **Ingle Farm Shopping Centre Noarlunga - Colonnades**

Glenside - Burnside Village