

Sushi Experience



FOR LUNCH

Join us as our chef guides you through making sushi with various ingredients and sushi rice. Learn about the history, culture, and terminology of sushi. Afterward, enjoy the sushi you create, along with red miso soup and sweets, and immerse yourself in the traditional art of sushi-making.

Fee: ¥ 10,000 per person
(tax & service charge included)

Group size: 10-20 people

Available times: 11:30 AM - 2:30 PM
(The program is approximately 2 hours long)

Making sushi + Tasting sushi

* Book at least 7 days in advance



Naruto Strait is a treasure trove of seafood. In Naruto, sea breams and seaweed are particularly famous. Come to Naruto to enjoy seeing the tidal currents, whirlpools, and tasting the bounty of the sea.

Contact Information

Blank area for contact information.

AoAwo Naruto Resort

〒772-0053

16-45, Oge, Tosadomariura, Naruto-cho, Naruto-shi, Tokushima
TEL 088-687-2580 (reservation10:00-18:00)

Sushi Experience

Example Schedule

Time: 12:00 PM to 2:00 PM (2 hours)

Time	Content	Details
12:00–12:05	① Instructor's Greeting	- The instructor's introduction and an explanation of the experience participants will receive.
12:05–12:10	② Introduction to Sushi History and Culture	- Overview of sushi history and its cultural significance. - Brief introduction to the origin, development, and transmission of sushi to Japan.
12:10–13:15	③ Sushi-Making Lecture (Practice)	-Introducing the sushi chef. Put on your chef hat, happi coat, and disposable gloves, and challenge yourself to make sushi. -Under the guidance of the sushi chef, make your own sushi (nigiri sushi, gunkan maki, hand rolls, and rolled sushi).
13:15–13:35	④ Tasting Your Own Sushi	- Enjoy the sushi you made yourselves.
13:35–13:50	⑤ Explanation of Sushi Culture and Terminology	- During the meal, the instructor explains sushi culture and terminology. (Counting sushi, types of ingredients, gari, namida, gyoku, kappa, tekka, agari, shari, etc.)
13:50–14:00	⑥ Certificate Presentation and Group Photo	- Certificates of completion are handed out. - Group photo with the participants. - You can take home your chef hats as souvenirs. *Set happi coats and original plates as additional options.

Menu

- Sushi Total: 12 varieties
 - Nigiri Sushi (8 varieties): Naruto Sea Bream, Tuna, Salmon, Boiled Shrimp, Scallop, Squid, Dashimaki Tamago, Inari
 - Gunkan-maki (2 varieties): Shrimp Mayo, Tuna Mayo
 - Hand Roll (1 variety): Roast Beef & Avocado
 - Rolled Sushi (1 variety, 4 pieces): Shrimp, Cucumber, Egg, Lettuce
- Soup: Red Miso Soup
- Dessert: Seasonal Fruit Daifuku



After the experience, you will surely be able to make 4 different types of sushi!

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Join us as our chef guides you through making sushi with various ingredients and sushi rice. Learn about the history, culture, and terminology of sushi. Afterward, enjoy the sushi you create, along with red miso soup and sweets, and immerse yourself in the traditional art of sushi-making.

FOR
LUNCH

寿司体験 / 昼食向け

私たちの所では、さまざまな材料とシャリを使ってシェフが寿司作りを案内します。寿司の歴史、文化、用語について学びましょう。その後は自分で作った寿司を赤味噌汁とスイーツと共に楽しんで、伝統の寿司作りをたっぷり堪能できます。

Fee: ¥ 10,000 per person
(tax & service charge included)

Group size: 10-20 people

Available times: 11:30 AM - 2:30 PM
(The program is approximately 2 hours long)

Making
sushi + Tasting
sushi

* Book at least 7 days
in advance

料金：お一人様 10,000 円 (税サ込)
グループ人数：10～20名
対応可能な時間：11:30～14:30
(プログラムは約2時間)
寿司作り+実食
※7日前までに要予約



Naruto Strait is a treasure trove of seafood. In Naruto, sea breams and seaweed are particularly famous. Come to Naruto to enjoy seeing the tidal currents, whirlpools, and tasting the bounty of the sea.

鳴門海峡は海の幸の宝庫。特に鯛とわかめが有名です。潮流やうず潮を見、海の恵みを味わいにぜひ鳴門にいらしてください！

AoAwo Naruto Resort

〒772-0053

16-45, Oge, Tosadomariura, Naruto-cho, Naruto-shi, Tokushima

TEL 088-687-2580 (reservation10:00-18:00)

アオアラナルトリゾート
徳島県鳴門市鳴門町土佐泊浦 16-45
電話 088-687-2580 (予約 10:00-18:00)

Contact Information 連絡先

Sushi Experience

Example Schedule

Time: 12:00 PM to 2:00 PM (2 hours)

スケジュール例
時間：12:00～14:00の2時間

Time 時間	Content 内容	Details 詳細
12:00–12:05	① Instructor's Greeting 講師挨拶	- The instructor's introduction and an explanation of the experience participants will receive. 講師紹介と体験の説明
12:05–12:10	② Introduction to Sushi History and Culture 寿司の歴史と文化の紹介	- Overview of sushi history and its cultural significance. - Brief introduction to the origin, development, and transmission of sushi to Japan. 寿司の歴史と文化的意義の概要。起源、発展、日本への伝播の簡単な紹介
12:10–13:15	③ Sushi-Making Lecture (Practice) 寿司作りレクチャー (実践)	-Introducing the sushi chef. Put on your chef hat, happi coat, and disposable gloves, and challenge yourself to make sushi. -Under the guidance of the sushi chef, make your own sushi (nigiri sushi, gunkan maki, hand rolls, and rolled sushi). シェフ (料理人) 紹介。調理帽とはっぴ、ビニール手袋を着用して寿司作りに挑戦。シェフの指導のもと、寿司を作ります (にぎり、軍艦巻き、手巻き、巻寿司)
13:15–13:35	④ Tasting Your Own Sushi 寿司の実食	- Enjoy the sushi you made yourselves. 自分が作った寿司を楽しみます
13:35–13:50	⑤ Explanation of Sushi Culture and Terminology 寿司文化の説明と寿司用語解説	- During the meal, the instructor explains sushi culture and terminology. (Counting sushi, types of ingredients, words such as gari, namida, gyoku, kappa, tekka, agari and shari) 食事しながら寿司文化と用語について講師が説明 (寿司の数え方、材料の種類、ガリ、ナミダ、ギョク、カッパ、鉄火、アガリ、シャリなどの用語)
13:50–14:00	⑥ Certificate Presentation and Group Photo 修了証授与と写真撮影	- Certificates of completion are handed out. - Group photo with the participants. - You can take home your chef hats as souvenirs. *Set happi coats and original plates as additional options. 修了証を手渡し、グループの写真撮影。調理帽は記念にお持ち帰りいただけます (はっぴ、オリジナル皿は追加オプションとして設定)

Menu

● Sushi Total: 12 varieties

Nigiri Sushi (8 varieties): Naruto Sea Bream, Tuna, Salmon, Boiled Shrimp, Scallop, Squid, Dashimaki Tamago, Inari

Gunkan-maki (2 varieties): Shrimp Mayo, Tuna Mayo

Hand Roll (1 variety): Roast Beef & Avocado

Rolled Sushi (1 variety, 4 pieces): Shrimp, Cucumber

● Soup: Red Miso Soup

● Dessert: Seasonal Fruit Daifuku

メニュー内容
・寿司 (12種)

にぎり (8種)：鯛、まぐろ、サーモン、海老、帆立、いか、玉子、いなり

軍艦巻き (2種)：海老マヨ、ツナマヨ

手巻き (1種)：ローストビーフ&アボカド

巻寿司 (1種 4切れ)：海老、きゅうり、玉子、レタス

・赤出汁の味噌汁
・季節のフルーツ大福



After the experience, you will surely be able to make 4 different types of sushi!

体験後にはきっと4種類の寿司が作れるようになりますよ!

