

HOME KITCHEN SUSHI COURSE

Complete Curriculum · Micha · Jolly Pond Farm · 27+ Years Experience

1. INTRODUCTION & PROFESSIONAL LINEAGE

Micha of Jolly Pond Farm has been rolling sushi since 1999. Born and raised on the Virginia coast, he farms today in the Blue Ridge and brings a private home-kitchen sushi masterclass to hosts based out of the Lynchburg area.

Self-taught beginnings in Charleston, SC (1999) grew from college sushi runs that got expensive — rice, imitation crab, spicy mayo, and vegetables, then Asian markets over time.

2005, Chuck's Fish (Tuscaloosa, AL): six months of rigorous rice production (2–3 batches daily, ~23 quarts per batch, ~2 hours each), prep, and front-of-house work. Rolling for paying guests was limited; weekly home parties built real rolling skill.

J Paulz on James Island: within ~30 days the head sushi chef left; Micha ran the premium sushi program as head chef for about two years before relocating to Virginia farm life.

Continuous practice: 27+ years of hands-on knife and rolling experience, bridging sushi-grade fish sourcing with farm-fresh produce.

2. INGREDIENT SOURCING & KITCHEN EVOLUTION

Commercial restaurant workflow adapted to a home kitchen.

- Restaurant supply / chef stores: bulk staples — imitation crab, whole fish, Fuji vinegar, nori, rice.
- Asian markets: masago, tobiko, salmon roe, quail eggs, eel, surf clam, better panko and fried onions.
- Box stores & grow-your-own: avocado, cucumber, ripe mango, green onions; garden peppers and cucumbers when in season.

The physics of crunch: texture contrast matters. Practical crunch — chili cheese Fritos, fried onions, or Asian-market panko — beats fussy home tempura for platter parties.

3. THE RICE FOUNDATION & WASHING MECHANICS

Rice is the most important and hardest skill. A rice cooker is required.

Equipment & scaling: a standard home rice cooker run at full dry measures (example: 4 cups dry).

Core ratio: learn a consistent water-to-rice scoop; after washing, water typically returns near the dry-rice mark.

10-minute wash: massage, drain, and repeat until water runs crystal clear with no starch haze.

Cook fully, then hold on warm 30–40 minutes for steam equilibrium before pulling.

4. RICE EXTRACTION, SEASONING & STORAGE

Quality control: discard the top crust from the warm hold; divert any bottom charred layer.

Release edges with a paddle and invert into a hangiri or a wide bowl about 3 inches tall.

Seasoning: about 1 quart seasoned sushi vinegar to 10 cups cooked rice. Gentle slice and fold — never smash.

Rest under a damp towel in ~15-minute intervals. Best aged overnight. Room temperature 3–4 days — do not refrigerate active sushi rice.

5. THE SPICY MAYONNAISE BACKBONE

Culinary role: the flavor backbone that pairs with crunch elements across many rolls.

Base: mayonnaise (Duke's works well), sesame oil, and sriracha.

Prep: ~2 cups mayo; whisk sesame oil until runny; fold in sriracha by eye. Transfer to a wide-mouth squeeze bottle.

Crab integration: shred crab into leftover spicy mayo for a signature topping.

6. KNIFE SKILLS

Slow draw from the front of the knife to the back. No chopping — the blade does the work.

Skewer shrimp before cooking so they stay straight.

When slicing finished rolls, use a clean, damp blade and steady pulls so the roll stays round.

7. ROLLING DEMO & SHARED MEAL / PLATTER PARTY

Live demonstration: apply rice evenly to nori, place fillings correctly, and execute a tight, clean roll.

For platter parties, Micha arrives with prepped ingredients and live-rolls chef's-choice platters in your kitchen (~20 rolls on half-sheet pans for the entry package).

Hosts and guests taste and share. Goal: leave with confidence — rice first, then sourcing, prep, rolling, and knife work.

Based out of Lynchburg, Virginia. Contact us to book your course or party now.