



The Journal



Maki Shop in Washington DC

A Fusion Sushi machine-rolled, cleaner and fresher



Custom display cases from Oscartek

September 1st 2015 Washington DC; Maki Shop opened its doors in early April, bringing machine-rolled sushi to Logan Circle, courtesy of former Kushi owner Darren Lee Norris. Here's what the first Yelpers, bloggers and others have to say about the place.

The Lack of Fish News: Maki Shop is earning a 4 star average on Yelp right now with 94 reviews in. One chief complaint on Yelp seems to be a stingy amount of fish in the rolls. Yumi R. says, "Rice was nicely cooked and had the proper consistency, but I almost completely forgot about that high point because I was really just fishing for fish. (omg did I just say that?)." Becca echoes, "The rolls themselves weren't great - just a LOT of rice. It was very difficult to tell the difference between the types of seafood that were apparently enclosed inside of the rice/seaweed." Here's J.L.: "Don't go until you see them decrease the rice. We had 5 rolls, edamame, and miso soup tonight. Nothing wrong with miso or edamame, but the filling is literally only 5-10% of any roll." The restaurant appears to be responding to the issue, Tweeting out a photo of "Less rice, more filling." [Yelp, Twitter]

The Haters Gonna Hate Hate Hate Hate News: Some Yelpers are perfectly happy with Maki Shop. Matthew A. writes, "Let the haters hate - it keeps the lines short for people who aren't expecting a meal at Nobu for a walk up sushi spot." Meanwhile, Michael H. says, "Not sure what the other reviewers are talking about. I liked this place. A LOT! Maybe they fixed their rice/other stuff ratio, but there is a lot of venom in other reviews about a place that's been in operation for less than a week." [Yelp]

The Pricey News: Lillie Z. writes, "SUPER CUTE! Great way to diet and look chic bc no way you can afford to get full on these prices." Joe M. concurs, "Needs to be about half the price. Eating out is notoriously expensive in Australia, but a maki roll of this kind will only run you 2 to 3 bucks even in posh, expensive areas of the major cities. Maki Shop is 5 bucks or more for non-veg rolls." Meanwhile on Foursquare, Ryan Sabot notes, "The rolls aren't really rolled...they're in plastic packages. The nori isn't attached to the rice, even. The roll isn't cut; if they were, each roll would only be about 4 or 5 pieces. Overpriced"

The Diverse Menu News: Blog Sosh appreciates the variety in the menu. "The menu is a bit more diverse than your standard sushi joint, with vegetarian rolls made with wild mushrooms, asparagus, red bell peppers, carrots, and kale, or others made with beef short rib or curry chicken." UrbanDaddy agrees, saying, "In the grab-and-go cases up front, you'll find the expected rolls, like tuna and soft-shell crab. But also rolls filled with curried fried chicken and nine-hour short ribs with kimchi. Keep them in mind anytime you want to eat on 14th Street without dining on 14th Street." [Sosh, UD]

On Facebook, Lara calls Maki Shop a "#fun and #innovated way of eating rolls."

Slow-melting ice cream ingredient discovered by scientists:

August 31, 2015;

A new ingredient developed by scientists in Scotland could mean that ice-cream lovers can enjoy their treats longer before they melt.

A naturally occurring protein can be used to create ice cream which stays frozen for longer in hot weather.

The scientists estimate that the slow-melting product could become available in three to five years.

The development could also allow products to be made with lower levels of saturated fat and fewer calories.



Teams at the Universities of Edinburgh and Dundee have discovered that the protein, known as BsIA, works by binding together the air, fat and water in ice cream.

It is also said to prevent gritty ice crystals from forming –ensuring a fine, smooth texture.



Prof Cait MacPhee, of the University of Edinburgh's school of physics and astronomy, who led the project, said: "It's not completely non-melting because you do want your ice cream to be cold. It will melt eventually but hopefully by keeping it stable for longer it will stop the drips." The protein could also help to reduce the amount of fat and sugar in ice cream.

The team developed a method of producing the protein - which occurs naturally in some foods as friendly bacteria.

Prof MacPhee said it works by keeping oil and water mixed together, stops air from escaping and coats the ice crystals in ice cream which stops them from melting so quickly.

She told BBC Radio 5 live: "This is a natural protein already in the food chain. It's already used to ferment some foods so its a natural product rather than being a 'Frankenstein' food.

"By using this protein we're replacing some of the fat molecules that are currently used to stabilise these oil and water mixtures so it can reduce the fat content, but it shouldn't taste any different.

She said it also had the prospect of reducing the sugar content and could be used in other foods such as chocolate mousse and mayonnaise to help reduce the calories.

The researchers believe using the ingredient could benefit manufacturers too as it can be processed without impacting on performance and can be produced from sustainable raw materials.

For more on this article go to BBC/news/health.uk.