

CHOPSTICKS ETIQUETTE

Here are a few rules to follow when using chopsticks at the sushi bar:

- Do not rub your chopsticks together. This is insulting to the restaurant, as it implies that they use cheap chopsticks.
- When not using chopsticks, set them on the chopstick rest in front of you.
- Do not use them as drumsticks.
- It is considered bad luck to pass food from your chopsticks to another person's chopsticks. In the traditional Japanese funeral ceremony, family members use chopsticks to pass the cremated bones before placing them in a burial pot.
- If you are sharing a large platter of sushi and sashimi, it is polite to turn your chopsticks around before serving yourself or a guest, using the ends that don't go into your mouth.

When eating *nigiri* sushi with chopsticks, it is easiest to tip the piece onto its side and pick it up with one chopstick on the rice and one chopstick on the fish. This will hold them together. You want to do this as gently as possible so you don't break the piece apart. Follow the same guidelines as for eating with your fingers: dip the topping side into the soy sauce and then transfer it directly into your mouth in one bite.

If you are a beginner with chopsticks, the best way to eat sushi is with your fingers. You will have more control and probably make less of a mess. This will most likely impress the sushi chefs, since the most common way to eat sushi in Japan is with your fingers. Always eat sashimi with chopsticks.