

Sushi

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: avocado (if available), carrot, cucumber

Equipment:

metric measuring cup and spoons

clean tea towel

chopping board

cook's knife

colander

medium saucepan and lid

bowls - 1 large, 2 small

mixing spoon

bamboo mat or non-stick

baking paper

serving platters

Ingredients:

1 cup sushi or short-grain rice

2 cups water

1 tbsp castor sugar

1 tbsp rice vinegar

3/4 tsp salt

1 carrot, julienned

1 small cucumber, julienned

1 avocado (optional), sliced into batons

4 nori sheets

soy sauce, to serve

pickled ginger, to serve (optional)

wasabi, to serve (optional)

What to do:

- 1. Prepare all of the ingredients based on the instructions in the ingredients list.
- 2. Rinse the rice under running water and drain well.
- 3. Place rice and water in the saucepan and bring to the boil.
- 4. Reduce heat to low and simmer, uncovered, for 12–15 minutes, stirring occasionally, until all the water has been absorbed.
- 5. Remove from the heat and let stand, covered, for a further 10 minutes.
- 6. Place the cooked rice in the large bowl and allow to cool (it must not be warm).
- 7. Combine sugar, vinegar and salt in the small bowl, then stir the mixture into the rice.
- 8. Place one nori sheet, shiny-side down, on a bamboo mat (or baking paper). Make sure the longest edge of the nori is at the top of the mat.
- 9. Dip your hands into a small bowl of water (to prevent sticky fingers).
- **10.** Spread a quarter of the rice over the bottom two-thirds of the nori sheet, leaving a small border around the edge.
- 11. Fill the centre with a row of carrot, cucumber and avocado.
- 12. Gently lift the end of the mat closest to you and roll it over the ingredients to enclose.
- 13. Continue rolling the mat forward to make a complete roll. With one hand on top, gently roll the mat back and forth a few times to make a nice round log.
- 14. Remove from the mat and use a sharp knife to slice the rolls at 1 cm intervals.
- 15. Serve with soy sauce, pickled ginger and wasabi, if using.

