

Kitchen Garden at Collingwood College 2018

Name of Recipe: Sushi Rice balls

Sushi rice will take approximately-15 minutes to cook, then 10 minutes to be cool enough so you can handle it.

The RICE will be on for your group.

Set tables, then come back to prepare accompaniments, cool rice, roll balls, decorate.

(Check with Des for any sesame seed allergies)

From our garden: All herbs & edible flowers

What to collect	What to do
1 pkt Sushi rice (measure the rice into cups.) Cold water 4 tbsp +Sushi vinegar/mirin <u>Rice cooker or large pot w lid</u> Wooden spoon Large bowl	Wash the sushi rice 3 times in a sieve with cold water until the water runs clear. Ratio for Pot-1 cup rice to every 1 cup cold Water. Transfer the cooked rice to a large wide bowl then sprinkle with the Japanese vinegar/mirin and gently mix with a wooden spoon. [see DES] Set aside to cool & fan.
3 x Thinly sliced spring onion 3 sheets Nori seaweed -Finely snipped nori 1/3 cup dry Toasted white sesame seeds 1/3 cup black sesame seeds-not toasted. Baby nasturtium leaves-wash Edible flowers-wash	Finely slice spring onion on an angle, set aside in cold water. Prepare decorations-set aside in separate bowls.
Sauce> prepare & divide into 3 bowls w teaspoons. Boards or platters	1 x tblsp soy, 2 x tblsp sweet chilli, 1 x tblsp citrus juice=mixed together

How to put dish together

- See Desley on how to do the sushi rice.
 - While rice is cooking go onto the prep, set up the sauce in little bowls.
 - Use small lovely glass platters to put the sushi balls on.
 - Please get Desley over when your group is ready to ROLL into balls.... I will then give a demo.
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