



Sushi Rolls – maki sushi

Serves 24 - 30 tastes (6-8 rolls)
Source: sushi.express.com.au



Ingredients

Rice

2 & ½ cups sushi rice
650 mls water

Seasoning

½ cup rice wine vinegar
½ cup white sugar
1 teaspoon salt (Warmed together until the sugar & salt dissolves – cooled)

Filling

8 sheets Nori
Wasabi paste
Mayonnaise
1 carrot
1 cucumber
1 spring onion
(Soy sauce to serve)

Equipment

Measuring cups and spoons
Measuring jug
Electric rice cooker

Large bowl
Shamuji (rice paddle)
Small mixing bowls
Sushi mat, sushi filling maker
Chopping board
Knives

Serving plates

What to do:

- Place rice in the rice cooker bowl and rinse the rice with plenty of cold water
- Soak the rice in cold water for 1 hour
- Drain the rice, put back in the rice cooker, add 650 mls of water and cook using the rice cooker directions
- When the rice is cooked allow to stand for 10 minutes
- Tip rice into a large shallow bowl, pour ½ cup of rice seasoning over the rice. Fan continually as you use a vertical cutting and folding motion to cool the rice. Do not mash the rice.
- While the rice cools prepare the fillings
- Wash and peel the carrot, cut them into very thin long strips
- Wash and de-seed the cucumber, cut into long thin strips
- Wash and trim the spring onion, cut into very thin strips
- **Rolling the sushi (see over for illustrations) – Try both methods!**
- Sushi Mat method
- Place a sheet of Nori (matt side up – the shiny side should be on the outside of the roll) onto the sushi mat
- Spread the rice 1 cm thick over ¾ of the sheet, leaving a 4cm edge (as shown)

- If the rice is too sticky – wet your hands with leftover dressing
 - Make a hollow with your fingers across the centre of the rice
 - Put a ¼ of a pea size squeeze of wasabi on your finger, rub it across the hollow
 - Across the wasabi, squeeze a thin line of mayonnaise
 - Place over a piece each of carrot, cucumber and spring onion
 - Time to roll, lightly moisten the end of the nori where there is no rice
 - Use the bamboo mat to help you roll the sushi, pressing firmly as you roll, seal at the moistened end
 - Sushi filling maker
 - Place some rice in the bottom half of the mould, add wasabi, mayonnaise and fillings as described above
 - Put more rice on top and place on mould top, and press together gently - to create the cylindrical shape
 - Remove the filling 'log' and place onto the nori (matt side up)
 - Lightly moisten one end of the nori, and simply roll the filling up in the nori, sealing at the moistened end
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- Carefully cut the sushi into bite size pieces and serve with soy sauce