



Sushi Made Easy

By Mrs Tombs (Deputy Catering Manager)

Ingredients

For the rice

- 450g Japanese Rice (or risotto rice will work if you struggle to source Japanese Rice)
- 550ml water

For the Sushi-Su

- 120ml rice vinegar
- 3 tbsp sugar
- 1 tbsp sea salt

To make the Sushi

- Nori Sheets (seaweed - this can often be found in most supermarkets or amazon do a large selection)
- 1 Cucumber cut in to long thin strips
- 1 grated carrot
- 1 red pepper, de-seeded and cut in to thin strips - (I prefer to roast the peppers first as they give a sweeter taste but this is optional)

- Cream cheese
- Crispy onions
- A little oil to grease your hands
- Food safe plastic gloves
- Piping bag (optional)
- Makisu (a sushi mat - can be found on amazon)

Directions

1. You want to put your rice in a sieve or a small-holed colander and pour running water over the rice for 2 minutes, folding the rice over with your hands to wash it.
2. Once the rice has been washed and the water runs clear, drain it and add it to a pan with 550ml of water.
3. Leave the rice to stand in the water for at least 30 minutes - this can be left overnight, but we have found it's best left for 30 mins to 1 hour for best results.
4. After the rice has rested, bring the pan to the boil, then put a lid on it and reduce the heat to a simmer. Leave the rice to simmer for 8-9 mins. Then turn the heat off and let the rice stand with the lid on for a further 5 minutes. It's important not to take the lid off!
5. While the rice is cooking, make the Sushi-Su. Add the rice vinegar, sugar, and salt to a container and mix until the sugar and salt have dissolved - this will make the seasoning for the rice and help with the sticky consistency of sushi rice.
6. After five minutes, you want to cool the rice down. The best way to do that is to remove the rice from the pan and put it into a baking sheet or roasting tray. You want the tray to be large and flat so you can spread the rice out thinly to allow the air to cool it down quicker.
7. Pour the Sushi-Su over the rice, and using a wooden spoon, carefully fold the mixture through the rice. Be careful not to break up the grains of rice, or it will become mushy.
8. If you don't want to use the rice immediately, cover it with a damp cloth so it doesn't dry out and leave it in a cool place for up to 1 hour. Do not refrigerate at this point as it will make the rice hard and difficult to form.
9. Now for assembling the sushi - take your sushi mat and one nori sheet. You want to place your nori sheet shiny side down on top of your sushi mat. Put your gloves on and add a little oil to the gloves to help handle the rice; otherwise, it will stick to the gloves.
10. Press a thin layer of rice onto the nori sheet, leaving a one-inch strip at the top of the sheet.
11. Once your rice is on your nori sheet, flip the nori sheet over so that the rice is on the sushi mat, and the nori sheet is facing you.
12. Make sure your nori sheet is lined up with the bottom of the sushi mat, and then it's time to add your filling. Add your cream cheese to your piping bag and pipe a thin line from left to right at the bottom of your nori sheet. Then add grated carrot, cucumber strips, and pepper. This needs to be in a thin line parallel to the bottom of the nori sheet. Pick up the bottom of the sushi mat; you want to roll the nori sheet using the

sushi mat to ensure it's tightly rolled. Once the sushi is rolled, give the mat a light squeeze to make sure the rice has stuck in the roll.

13. Add your crispy onions to a flat tray and place your sushi roll on top and lightly press down and roll to give the rice a crispy onion coating.
14. Make sure you have a sharp knife when slicing the sushi; otherwise, the roll will become misshapen, and you're likely to lose the filling.

Sushi can be a little tricky to roll on your first go, so it's all about practice. There are lots of different ways to roll the sushi - you can make a nori roll and not flip the sheet once you've added the rice and then use the same rolling process, just not the crispy onions at the end. The best thing with Sushi is to experiment with fillings, flavours, and style. Once you've mastered the rice, let your experimenting run wild.