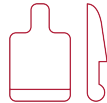




Sushi Rolls



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 20 MINUTES

Ingredients

1 cup Sushi rice
1 ½ cups water
2 tbsp sushi seasoning (vinegar, see notes)
4 nori sheets

Filling Suggestions

Canned tuna, drained and mixed with Japanese style mayonnaise
Smoked salmon
Carrot, cut into long matchsticks
Cucumber, cut into long matchsticks
Avocado slices
Cooked shredded chicken mixed with Teriyaki sauce

Method

Place the rice into a strainer and rinse well under cold running water. Drain the rice then transfer to the solid stainless steel tray and add the water.

Place into the oven and select FullSteam 100°C and steam for 20 minutes. Place the cooked rice into a glass bowl. Using a wooden spoon or a rice paddle gradually stir in the sushi seasoning and mix well. Stir the rice regularly as it cools to break up any lumps and prevent the rice from becoming gluggy.

To assemble your sushi rolls, place a nori sheet, shiny side down onto a bamboo sushi mat.

Using wet hands spread with one quarter of the rice leaving a 3cm border along the edge furthest from you.

Arrange the selected fillings along the centre of the rice.

Holding the filling in place, roll the mat firmly over to enclose the rice and filling.

Repeat with remaining nori, rice and filling. Using a sharp knife, slice each roll into six pieces.

Serve with soy sauce.

Notes
