



MAKIZUSHI (SUSHI ROLLS)



INGREDIENTS

MAKES 5 ROLLS
APPROX 30 CUT PIECES
FOR SUSHI-MESHI

- 2 cups Japanese short-grain rice (or Calrose medium-grain rice)
- 6 tbsp rice wine vinegar
- 4 tbsp caster sugar
- 1 tsp salt

FOR MAKIZUSHI

- 5 Yakinori (dried seaweed) sheets
- 4 cups prepared sushi-meshi (sushi-rice)
- 1 small carrot thinly sliced lengthways or grated
- 1/4 avocado thinly sliced lengthways
- 1/2 cucumber thinly sliced lengthways
- 1 or 2 medium lettuce leaves sliced

FROM THE GARDEN

- Carrot
- Spring onion
- Lettuce

EQUIPMENT

- Sushi mat
- Long sharp knife

INSTRUCTIONS

PREPARE SUSHI-MESHI

1. Rinse the rice in a fine mesh strainer until the water runs clear.
2. Put rice and water in a medium saucepan and bring to a boil. Once boiling reduce heat to low, cover with lid and cook until water is completely absorbed – approximately 15 mins.
3. In the meantime, prepare the sushi seasoning by combining the rice wine vinegar, sugar and salt in a small bowl and mix until sugar dissolves.
4. Once the rice is done, turn off the heat and place the rice into a large glass bowl.
5. Pour the sushi dressing over the top of the rice and using a rice paddle or spatula mix through the rice, separating the grains as you do so. The rice will appear wet at first, but it will dry as the heat is released during stirring. The rice is ready when it is sticky and completely cooled.

PREPARE SUSHI-MESHI

1. Prepare all filling vegetables and set aside on a plate or chopping board. Make sure all ingredients is prepared finely, if too bulky they won't allow the sushi to roll well.



2. Place a sheet of yakinori on the sushi mat, shiny-side down, with a short end towards you. Spread the rice about 1 cm thick over the nori sheet, leaving a 2cm edge of nori sheet uncovered nearest to you, and approximately 5cm at the other end.

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3. Place a selection of strips of your filling ingredients on top the center of the rice.
4. Lift up the edge of the bamboo mat and roll the sushi, starting from the edge nearest to you. When you have finished rolling, press the mat to make either a round or square roll. Push in any rice that is escaping from the ends.
5. With a sharp knife, cut the roll in half and then each half into three.
6. Repeat with the remaining ingredients.



*Norimaki and Makizushi are often used interchangeably as a general category for sushi rolls. Larger or fatter sushi rolls are referred to as **Futomaki**. Baby rolls or thin sushi rolls are referred to as **Hosomaki**.*

*Triangular hand rolls are called **Temaki sushi**.*





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