

Sushi

Sushi Rice

4 c sushi rice
4 c water
1 c rice vinegar
2 t sea salt
2 T sugar

Tezu

1 c water
2 T rice vinegar

Sushi Roll

Nori sheets and fillers

Rinse the rice until the water runs clear. (Can take up to 30 minutes.) Add rice and water in equal parts to the rice cooker (or follow manufacturer's instructions). Position lever to on and cook the rice.

While rice is cooking combine the rice vinegar, sea salt and sugar in a microwave safe bowl. Heat for 10-15 seconds so that the sugar dissolves.

When rice is complete place it in a non-metal bowl and spread evenly using a paddle. Add vinegar mixture about 2 T at a time while fanning and slicing with the paddle. Do not stir—rather slice with the paddle to prevent the rice from becoming mushy. Lift, mix and slice while fanning and adding vinegar mixture until the rice is shiny and body temperature. Process will use approximately 1/2 c to 3/4 c of vinegar mixture. Cover the bowl with a damp towel. Do not refrigerate and use within one hour.

Prepare tezu prior to making a roll by combining water and rice vinegar in a bowl. To prepare a roll, place a sheet of nori, shiny side down, on a plastic-wrap lined bamboo sushi mat. Dampen hands with tezu and gently spread rice with the tips of your fingers over the nori leaving only an inch or so at the top of the sheet. (If making an inside-out roll, at this point flip the nori so that the rice is on the bottom and continue.)

Add fillers to the center of the rice area (or nori if inside-out) and roll the bottom edge of the nori and mat over the fillers, lift the mat and finish rolling to the edge. Squeeze gently to seal. (For inside-out rolls layer toppings over the roll at this point.) Use the tezu on the blade of a very sharp knife and slice into pieces. Garnish with pickled ginger and wasabi paste.



Suggested Fillers and Toppings

julienne of green onion, julienne of cucumber and shrimp tempura—rolled traditionally

julienne of steamed asparagus, cooked and peeled shrimp—inside-out roll topped with tuna and salmon

spicy salmon (chopped salmon with mayo and sambal), julienne of green onion—inside-out roll topped with baked salmon, raw spicy salmon, tempura flakes and spicy mayo

strawberries, mango and cream cheese—inside-out roll topped with strawberries, mango, and avocado