

Basic Sushi Nori

Ingredients ..

2 cups SANCHI Sushi Rice
3 cups Water
2 tbs SANCHI Brown Rice Vinegar
4 sheets SANCHI Sushi Nori (lightly toasted)
A few finely chopped strips of SANCHI Pickled Ginger
SANCHI Wasabi Powder

Any of several fillings including:

Carrot, Cucumber, Avocado, Green/Red Pepper, Asparagus, Lettuce, small sticks of hard Cheese, small cubes of fried Tofu, scrambled egg, finely chopped Umeboshi.

Instructions ..

Cooking Sushi Rice

1. Wash and drain Sushi Rice. Add 1.5 cups of water for each cup of rice. Soak for 30 minutes.
2. Bring to boil. Cover and simmer for 20 mins.
3. Remove from heat. Sprinkle with Mirin and Brown Rice Vinegar and leave to cool for 20 mins.

How to make Roll Sushi

1. Place Sushi Nori on a bamboo mat at the edge nearest to you. Spread evenly with rice over 2/3 of the Sushi Nori, with the uncovered part facing away from you.
Add your favourite fillings a little off centre.
2. Roll up the bamboo mat slowly, starting by tucking in the end of the Sushi Nori nearest to you.
As you roll further, press lightly with both hands.
3. Just before you reach the end, dab water along the end and then press to seal the roll.
4. Carefully remove the roll from the mat. Cut into approx. 6 pieces, using a lightly moistened sharp knife.

Handy Hints

It is possible to make Roll Sushi without the use of a bamboo mat. If you don't have one, just use your hands to do the rolling. Experiment with filling quantities and combinations to make your own customized Roll Sushi.