

Rolled Sushi (maki sushi)

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Ingredients

1 cup Arborio rice
8 tbls rice vinegar (sushi seasoning)
1 tsp salt
½ tsp sugar

6 sheets of Roasted Seaweed (sushi nori)

1 egg of omelette
¼ avocado
1 tomato (cut in half and remove core)
¼ capsicum
½ cucumber
50 gr smoked salmon or trout
1 carrot (cut into long carrot sticks and steam for 4minutes)

cut the above ingredients into long thin (5mm) strips

Tools

Bamboo mat, spatula, 2 tablespoons, a pastry brush and a small bowl of rice vinegar

Method

Put 1 cup of rice (uncooked) + 2 cups of water in a saucepan, bring to boil, stir the rice and put the lid on and then simmer (low heat) for 20 minutes.

Place cooked rice in a large mixing bowl; sprinkle the vinegar, salt and sugar over the hot rice, mix gently.

Place seaweed shiny side down on bamboo mat and spread 4 tablespoons of rice evenly, leaving 3cm of top edge of seaweed free of rice. Using spatula, firmly press the rice on seaweed to a 5mm thick layer. Place fillings parallel about 2cm from the bottom edge.

Starting from the bottom edge, lift the bamboo mat and fold inward then begin to roll the sheet – apply firm pressure to form a tight roll. Wet the rice free strip of seaweed at the top with rice vinegar using the brush and seal the roll. The firm roll should be about 3cm diameter.

Slice with very sharp serrated knife into 1 ½ cm wheels. One roll gives about 10 slices of sushi. For best result wet the knife with rice vinegar.

To Serve

Place sushi slices on flat plate with raised edge. Apply rice vinegar using tablespoon on each slice to taste. For extra flavour, dip sushi into small dish with mixture of sweet soy sauce and rice vinegar, enjoy with wasabi and/or sliced pickled ginger.

Sushi is delicious with a glass of champagne, a crisp or slightly sweet white wine.