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Sushi Rolls

Yukiko Anshutz

Shiki Restaurant, Hyatt Regency Hotel (courtesy of Sticky Rice Cooking School)

Ingredients for 3 cups of cooked rice (makes about 4 rolls)

540ml short grain rice cooked

120mls rice vinegar or malt vinegar 'Mitsukan'

2 tbsp + 1 tsp sugar

3 teaspoons salt

Method

Combine the seasoning for the Sushi dressing in a saucepan. Let it boil until sugar is dissolved.

Mix the dressing with hot rice (cool the rice whilst mixing with cutting motion). Cover the sushi with damp cloth.

CALIFORNIA MAKI (CALIFORNIA ROLL)

4 cups cooked sushi rice

4 sheets Nori

Fillings

1 cucumber

4-6 cooked prawns

1 egg roll (see the Dashi Maki Tamago recipe)

1 avocado

1 smoked trout steak

1 cooked chicken fillet with teriyaki flavour (see recipe below)

Tobbiko (fish eggs)

Green oak lettuce leaves

Mayonnaise

Wasabi paste

1 tbsp tamari soy sauce (for dipping sauce)

1 tbsp vinegar (for washing hands)



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Method

Cut cucumber, avocado and egg roll into long strips, the same size as the width of a Nori sheet.

De-vein cooked prawns and straighten. Cut the smoked trout and chicken teriyaki fillet into strips.

Mix water and vinegar to dampen your hands.

Place one sheet of Nori on to a sushi mat.

Place one handful of sushi rice onto the Nori and spread the rice $\frac{3}{4}$ of the way over the Nori, leaving the end furthest away clear.

Arrange 3 to 4 kinds of each filling across the width of the Nori in the centre.

Smear a little mayonnaise over the filling.

Holding the ingredients firmly in place, roll up the Nori with the rolling mat, starting with the edge nearest you.

Press firmly and remove from the mat. Cut into 8 to 10 pieces.

Serve with tamari soy sauce and wasabi paste if you like.

SIMPLE TERIYAKI CHICKEN FOR SUSHI

Ingredients

4 tsp sugar

$\frac{1}{4}$ cup mirin

$\frac{1}{4}$ cup sake

$\frac{1}{2}$ cup Japanese soy sauce

2 chicken thigh fillets

20ml vegetable oil

Method

Marinate the chicken fillets in the combined sauces for least one hour.

Sear the marinated chicken fillets both side in a frying pan, then add the marinade sauce onto the chicken.

Simmer for approximately 7 minutes until chicken is cooked.