



Sushi with Spicy Tuna, Avocado and Cucumber (norimaki and temaki styles)

by Takeo Chong – Fuji Rolls (site 9)

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Ingredients:

5 cups, short grain rice
6 cups, water
1-1.5 cups, sushi vinegar

roasted seaweed
soy sauce
wasabi

400g tuna, in brine or oil (or other suitable fish)
150-200g, Japanese mayonnaise (Kupi Doll)
dash, chilli oil (more for the brave)

1 continental cucumber
2 ripe avocados

Method: Rice

Wash rice thoroughly and let soak in water for 5min.
Drain water from rice, then add 6 cups water and cook in rice cooker.
Once rice has cooked, empty into wide shallow container.
Sprinkle sushi vinegar over rice.
Slowly fold in sushi vinegar while fanning to help cool.
Be careful not to squash the rice.
Continue fanning and mixing until the rice has the desired sheen.
Once the rice has sufficiently cooled, keep covered with a wet tea towel so it doesn't dry out.

Method: Spicy Tuna Sushi

Drain tuna thoroughly.
Combine mayonnaise and a dash of chilli oil.
Mix chilli mayonnaise with drained tuna.
Cut avocados into thin sticks.
Cut cucumber into equally thin sticks, discarding the seeds.

Assembly:

Spread rice over the rough side of the seaweed, leaving 3cm top and bottom.
Add spicy tuna mix, cucumber and avocado sticks across the middle of the rice.
Roll seaweed and rice so the 3cm gaps at the top and bottom overlap.
Let sit for 2 minutes.
For norimaki style - cut with a VERY sharp knife.
Serve with soy sauce and wasabi.

ASFM SHOPPING LIST

Ingredients

Fish

Avocado

Cucumber

Stallholders

[Coorong Wild Seafood](#) (site 30)

Adelaide Hills Avocados, Ashbourne Hills Avocados (site 47),
Otherwood Orchards (site 69) – avocados available seasonally

[Patlin Gardens](#) (site 71), [Hart's Vegetables](#) (site 76), Golden BC (site 77),
[N & M Tsimiklis](#) (site 54)