

Sushi

Serves 2 (makes 1 roll)

Ingredients

1 cup cooked sushi rice






1 nori sheet

30 grams shredded cooked chicken

¼ cucumber, deseeded and sliced into thin strips

¼ cup grated carrot

Equipment

-  Bamboo mat
-  Cutting board and knife
-  Kitchen scales
-  Measuring cups
-  Measuring spoons

Preparation and cooking skills

Boil, chop, cut, grate, roll, shred, simmer, slice.



Method



Place a sheet of nori shiny side down, with the lines running horizontally, on a bamboo sushi mat.



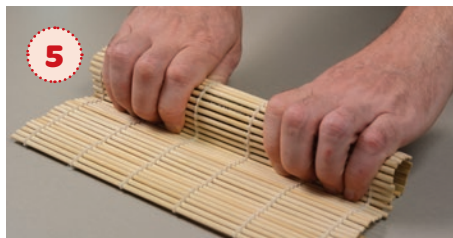
With clean, wet hands, spread rice over nori, leaving the near and far edges free of rice.



Place fillings in a line on top of the rice, near the close edge.



Using the bamboo mat as a guide, roll the sushi away from you to firmly enclose filling.



Give the roll a gentle squeeze to help stick the ingredients together.



Slice each roll into 9 thin slices, then serve.

See the back of this recipe for serving suggestions.

Sushi rice

Serves 12 (makes 6 rolls)

Ingredients

- 1 ½ cups sushi rice
- 2 ½ cups water
- 3 tablespoons vinegar

Method

1. Place rice in a sieve and rinse thoroughly under cold water.
2. Place rinsed rice in a saucepan, then add water.
3. Bring to the boil. Reduce heat, then cover with a lid and simmer for 12 minutes.
4. Remove from heat and stand for 10 minutes with the lid on.
5. Transfer rice to a baking dish and carefully stir through sushi vinegar then allow to cool.
6. Use to make sushi.

Serving suggestions

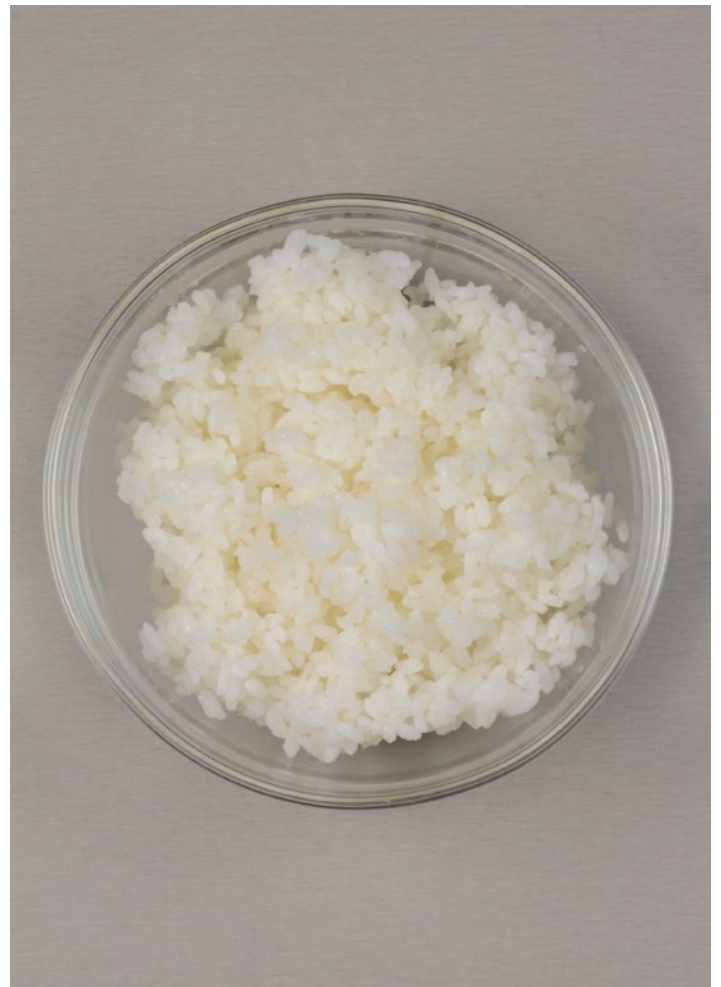
- Use ½ avocado, halved, stoned, peeled and sliced in place of carrot or cucumber.
- Use drained canned tuna in place of chicken.

Tips

- If preparing sushi rice ahead of time, cool rice as quickly as possible (within 1 hour), then cover and store in the refrigerator for no longer than 1 day.
- When slicing sushi roll, keep your knife slightly wet. This will give a clean cut, rather than crushing the roll.

Serving suggestions for sushi

- Place on a plate and serve with a small bowl of soy sauce as a dipping sauce.
- Serve with pickled ginger and wasabi.



Equipment

- Baking dish
- Measuring cups
- Measuring spoons
- Saucepan with lid
- Sieve
- Wooden spoon

Preparation and cooking skills

Boil, simmer, stir.