

SUSHI FROM JAPAN

Equipment	Ingredients for Rice Mixture
Japanese Sushi rolling mat	2 ½ cups short grain white rice
Knife and board	3 cups cold water
Large pot with tight fitting lid	
Measuring spoon and cup	Dressing Ingredients
	4 Tablespoons rice wine vinegar
	3 Tablespoons sugar
	2 Teaspoons salt
	2 Tablespoons mirin (sweet rice wine)
	Filling: Green tops of spring onion and carrot sticks
	Sushi Wrap: 10 sushi nori – Seaweed sheets

How TO MAKE IT:

- 1 Measure the amount of rice in a measuring cup.
- 2 Wash the rice in cold water until the water runs clear. Drain and put into a pot with the measured water.
- 3 Bring to the boil then cover the pot. Turn the heat very low and steam for 15 minutes without lifting the lid.
- 4 Remove from the heat and let it stand while still covered for 15 minutes.
- 5 **Dressing:** Mix the dressing ingredients until the sugar is completely dissolved.
- 6 Pour over the rice whilst the rice is hot. Mix gently but thoroughly.
- 7 **Prepare the filling:** Cut the carrots into thin sticks.
- 8 Soften the carrot sticks and spring onion in the microwave.
- 9 Lay a nori sheet on the rolling mat, shiny side down. Thinly spread some rice with a knife dipped in water, then spread on the filling. Roll up tightly with the mat. Slice into bite sized pieces and serve with Soy Sauce.
- 10 Garnish with special attention to presentation.

Sushi Dipping Sauce:

Ingredients

- 1 teaspoon wasabi paste
- 2 teaspoons finely sliced scallion (green part only)
- ½ cup mirin
- 6 tablespoons soy sauce
- 1 teaspoon dark sesame oil

Directions

In a small bowl, combine wasabi paste, scallion, mirin, soy sauce, and sesame oil, and stir until combined.

Note:

- 1 Blanched and de-stalked large spinach or silverbeet leaves can be substituted for Nori sheets.
- 2 Omelette strips also taste and look good in Sushi.
- 3 Strips of cucumber (skin and seed removed) are also good for filling vegetable.

The word sushi is a corruption of sumeshi meaning vinegared rice. In Japan sushi bars are popular at lunchtime when raw fish is freshest. Wasabi or Japanese horse radish was originally served to stop food poisoning from fish that wasn't in its freshest, but now, even though sushi is famous for being very fresh, we still pile on the wasabi.

