

Basic Seasoned Sushi Rice

Ingredients for 750 gm of rice (I small package of rice) (makes approx. 9- 11 rolls)

3 cups rice

3 cups water

Vinegar Mixture:

5 tbsp vinegar

3 1/3 tbsp sugar

1 tbsp off salt

How to do it:

1 Wash rice gently under running water until water runs clear (can skip this step if you like just wash the rice quickly)

2 Drain the rice well

3 In a covered pot put the rice and water to a boil over medium heat. (You can use a rice cooker)

4. Let simmer on a low heat for about 15 minutes or until the rice is cooked and the water absorbed (do not stir the rice while it is cooking).

5. Turn off the heat. Remove the lid and cover the top of the pan with a towel to absorb any condensation.

6. Put back the lid and cover the saucepan, leave for 20 minutes.

Next

7. While the rice is cooking, mix the dressings ingredients in a small bowl, stirring until the sugar has been dissolved. Then put aside.

8. Once the dressing is made and the rice has cooled (if you do not want to wait and you are rushed for time you can deal with the rice hot), move the rice to a wide mouthed bowl and mix the dressing in a little at a time. Rice should be shiny looking.

9. Cover the bowl with the rice & vinegar mix with a damp cloth and set aside until you are ready to make sushi.

Keep at room temperature, not in the fridge, and use within 12 hours

Sweet- Sour Pickled Ginger

Ingredients and method:

Prepare at least one day in advance:

1. Peel the ginger and cut into thin slices along the fibers. If you want you can use a vegetable peeler or a mandolin to slice it very thinly.
2. Spread on a bamboo colander (or a dinner plate) and sprinkle with salt.
3. Allow to stand for 20 - 30 minutes until soft

While the ginger is standing make the sweet vinegar mix.

4. in a small pot (or a microwave safe cup) combine 1/2 cup vinegar, 2 Tbsp sugar and 1/4 cup of water and bring to a boil. (On the stove or in the microwave)
5. Let cool (optional if you are in a hurry :))
6. Add a bit of red food colouring to make it light pink.
7. Blanch the ginger in a hot water. (Boil water pour it over the ginger)
8. Drain.
9. Cool by fanning (optional, can use cool water to cool it down)
10. Soak in the sweet vinegar for about a day until well seasoned.

Store in a glass jar with a metal top if you have it (plastic sweats) The ginger will store in your fridge forever or until it is used up.

Sushi Tip Sheet:

For quick clean up:

Cover the entire sushi mat in seran wrap before using. When you are finished all you will have to do is remove the wrap and rinse the mat quickly.

What to have out.

Have your fish, veggies, rice, nori and mat ready in front of you before starting to roll the sushi.

When Rolling

Extras: have a small bowl of water next to your preparation area. This is for moistening the fingers so the rice does not stick to them while preparing your rolls. You can mix a little lemon juice or ginger juice in your water. I prefer just water.

A regular roll:

Spread about a $\frac{3}{4}$ of a cup of rice on the sheet of nori, on the rough side, leaving about a third of the nori uncovered at one side. Do not pack the rice pat, rolling will take care of that. The rice should be less than a $\frac{1}{4}$ inch thick. The biggest mistake is using too much rice. The biggest trick to rolling a sushi roll is to make the roll nice and tight.

An inside out roll:

Fold the sheet of nori in half length wise and break apart. (Use half a sheet). The rice is spread over all of the rough side of the nori, there is no uncovered edge as above. Then the nori is turned over so it is rice-side down. The ingredients are placed on one edge and rolled as before. Optional: After rolling, the roll is rolled in toasted sesame seeds prior to cutting, or sesame seeds can be sprinkled on top after cutting

Cutting the sushi:

Remove roll from mat and cut into 6 or 8 even pieces. **Important Tip: Keep the knife very moist to prevent sticking, remoistening before each cut.** First cut the roll in half, then fold the two halves together and cut into thirds (6 pieces) or quarters (8 pieces). Sushi bars usually serve the roll sliced into 6 pieces, but 8 is easier. Turn the pieces on end and arrange on platter.