

Simple Sushi Rolls



The word **sushi** (寿司, 鮓) actually means “sour rice” in Japanese.

To make great sushi, you need to start with the rice. **First we cook Japanese short-grain rice and then season it with special sushi vinegar.**

Once the rice cools just slightly, you can shape it to make your sushi.

Equipment

- 1 x bamboo rolling mat (*makisu*) or parchment paper
- Plastic wrap
- Chopping Board
- Sharp knife
- Vegetable peeler & Julienne Peeler (optional)
- Rice cooker/saucepan for making rice
- Measuring cups/kitchen scale
- Spatula or wooden spoon for mixing
- Clean damp cloth for wiping knife between cuts of sushi roll
- A small bowl of clean water for dipping your fingers into- to smooth the sticky rice and to dampen the edge of each nori seaweed sheet to close the roll

Ingredients

For Sushi Rolls

- Batch of prepared seasoned sushi rice (see instructions below – allow approximately 100g of raw rice per roll you plan to make)
- Nori Seaweed Sheets
- Crab meat or imitation King crab flavoured fish sticks/pieces, or canned tuna/other fish
- An avocado – thinly sliced
- A cucumber – peeled & thinly sliced into batons
- A Large carrot – washed, peeled & thinly sliced or ‘Julienned’
- A little regular mayo or siracha mayo to create a creamy consistency inside your rolls (optional)
- Toasted sesame seeds (optional – to do ‘inside out’ rolls)

Optional accompaniments to serve

- Wasabi paste
- Pickled ginger
- Light soy sauce

Sushi Rice

Quantities below are for use if making rice in an Instapot – if using a regular saucepan or rice cooker aim to use 1 part dry rice to 1 ¼ to 1 ½ parts water.

- 300g / 1 ½ cups x uncooked dry – then thoroughly washed & rinsed Japanese short grain rice.
- 300mls / 1 ½ cups x cold water
- 130mls / ½ cup + 2 tsp x sushi vinegar for pouring over your **cooked** rice (**do NOT** add this mixture to your uncooked rice!)
- Cook the washed Japanese short grain rice on the rice setting of your instapot or in a rice cooker or using a lidded saucepan using the rice to water ratio's mentioned above. When rice is cooked pour the required amount of Sushi vinegar over your cooked rice and mix it whilst it is still piping hot. If you can't find pre made sushi vinegar you can make your own with the recipe below. Leave your rice to one side to cool while you prepare your fillings!

Sushi Vinegar

Make your own Sushi vinegar to season your cooked sushi rice! When you taste the just mixed sushi vinegar / rice combo.. you might think “Oh, it's a bit sharp!”, but the flavour or the vinegariness will mellow down as the rice temperature goes down.. so you want to have the flavour a bit on the stronger side!

Combine the rice vinegar, sugar and salt together in a pan and heat it up so that the sugar and salt dissolves and pour over & mix into your hot cooked sushi rice. If you are preparing this well ahead, you don't need to heat it up: just leave everything in a large jar, leave it in a cupboard and let the sugar and salt dissolve naturally and pour over & mix into your hot rice.

130mls x Sushi vinegar – enough to season 300g of raw uncooked rice (sushi vinegar is basically a 6:6:1 ratio of Rice/white wine vinegar + regular sugar + salt as below)

- 60mls / 1/3rd cup x Rice/white wine vinegar
- 60g / 1/3rd cup x Sugar
- 10g / 1.5 teaspoons x Salt

Instructions

How to Make California Roll Sushi

This is the traditional way to roll any type of rolled sushi, which is called *maki sushi*. There are actually two options for this method: rolling with the sushi rice on top of the sheet of nori or with the nori flipped over so the rice ends up on the outside of the finished roll (*uramaki sushi*).

1. Place the bamboo rolling mat on a cutting board so the bamboo strips are running horizontally to you. Spread a strip of plastic wrap over the bamboo mat. Then place a sheet of nori on the plastic wrap.

2. Spread a thin layer of cooled sushi rice over the nori seaweed sheet.

Don't use too much rice. With a little practice, you'll get a feel for how much rice to use. Aim to spread about 1 cup of rice per whole sheet of nori, leaving a gap approximately 1 inch/2.5cm empty at the top edge of the nori so you can seal up the roll.

PRO TIP: Wet your fingers as you spread the sticky sushi rice over the nori.

3. Add your ingredients in a line around 1/3rd from the edge ish of the rice-covered nori. Don't overpack it. If you're making a roll with the rice on the outside, simply turn the nori over, placing it rice-side down on the rolling mat. Then add your ingredients to the top of the nori.

- Use a little each of the cucumber, carrot, avocado & fish in every roll or whichever combination of ingredients you like!
- If you fancy a slightly spicy roll.. spread a small amount of siracha mayo onto your layer of rice then add your other ingredients on top & roll!
- If you plan to do the rice & toasted sesame seed outside (inside out) version – spread your rice across the full surface of the nori seaweed sheet. Place a piece of cling wrap on top of the rice layer, flip your nori sheet over so the other empty side of the nori seaweed sheet now faces up.. apply your fillings and then roll up with your mat as before. Roll your inside out sushi roll in the toasted sesame seeds and then cut as normal.

4. Gently lift the bottom of the mat up and over the sushi. Press and shape the ingredients into a tube. Roll with pressure so you get a firm roll.

5. Roll until just an inch of nori shows at the top. Seal the edge of the nori with a little cold water. Firm it up by squeezing the mat around the roll until it feels uniformly snug. Be careful not to squeeze so hard that the ingredients are smashed or come oozing out the sides. It's a fine line; with practice you'll get the feel of it.

6. Slice the sushi roll in half with a sharp knife on a cutting board. Then cut each half into 3 or 4 pieces -- so you have 6-8 pieces of sushi. To get a nice clean cut, wet the knife with water each time you make a slice.

7. Line the slices of sushi up on platters or sushi plates.

Enjoy all of your sushi & uramaki sushi with soy sauce, wasabi paste, and [pickled ginger](#) if you like!

