

How to Make Homemade Sushi

Beginners Guide

Ingredients:

Wasabi powder
Soy sauce
Pickled ginger
Sriracha
Japanese mayo
Nori
Sushi rice
Seasoned rice vinegar
Toasted sesame seeds
Carrots
Red pepper
Cucumber
Cream cheese
Avocado
Sushi grade salmon or tuna (optional)
Tamari shrimp (optional)

Equipment:

Sushi mat
Rice cooker (optional)
Mesh sieve
Plastic wrap
Sharp knife
Cutting board
Serving dishes
Chopsticks

Timeline:

2 hours before you want to eat:

- Start sushi rice in rice cooker
- Lay out all your equipment

1.5 hours before you want to eat:

- Fluff the rice with the seasoned rice vinegar
- Set rice aside to cool
- Begin chopping veggies
- Make sushi sauces- wasabi, spicy mayo...

1 hour before you want to eat:

- Gather all other ingredients
- Chop fish- return to fridge until using
- Wrap sushi mats in plastic wrap
- Lay out workspace
- Toast sesame seeds in oven under broil for 3 minutes

45 minutes before you want to eat:

- Begin making sushi rolls
- Cut sushi rolls into pieces and lay out on plates
- Set table for meal
- Set individual dishes of sauces for each person

Directions:

1. Gather all your equipment and ingredients.

2. Make sushi rice for six sushi rolls: 1 3/4 cups sushi rice and 2 cups water

Pour your rice into a sieve and run under water until thoroughly rinsed. Dump the rinsed sushi rice into a pot or rice cooker. Cook the rice in a rice cooker until it automatically turns off, or over medium heat on the stove until the rice is soft.

Once the rice is cooked gently fluff it and pout 1/3 cup of seasoned rice vinegar over the rice. Allow it to cool for about thirty minutes to an hour. Once it is cool to the touch it is ready to use.

3. While waiting for your rice to cool prep your veggies. Chop carrots, cucumbers, avocado, bell peppers, and any other veggies you want to use. Cut up your raw fish and store in the fridge until sushi making time.

4. Dish up soy sauce and put at each persons place at the table. Do the same with the pickled ginger.

5. Using the wasabi powder spoon some into a small bowl. Slowly add water and mix into wasabi powder until it makes a thick paste.

6. To make spicy mayo mix together two parts mayo with one part sriracha (for example: 2 tablespoons mayo and 1 tablespoon sriracha).

7. Tear the nori pieces you will be using down so there is only four segments (there are lines on the nori, you want four of these sections).

8. Wrap your sushi mat in plastic wrap.

9. Lay a piece of nori on your sushi mat.

10. Once your sushi rice has cooled gather all your ingredients in easy reach of your workspace. Wet your fingers in water and tap them off so they are still damp but not dripping. This will help keep the rice from sticking to your fingers too badly.

11. Using the cooled sushi rice apply the rice to the nori in a layer about 1/4" thick. Gently spread it, don't press it down, you want the rice to stay fluffy and not get squashed.

12. Flip the piece of nori over and place on the sushi mat so that the edges are parallel and the rice side is against the mat.

13. Begin to lay out veggies and the fish onto one of the long edges of the rice covered nori piece. Just add a few rows of fillings. If it gets too full it will be too big to roll up and you'll end up with broken sushi.

14. Using your fingers to start gently rolling the edge with all the fillings over, like a burrito and then use the mat to continue rolling until the nori has rolled into a complete cylinder.

15. With the mat draped over the sushi log gently squeeze along its length to press the rice and nori together.

16. Use a very sharp knife to cut the sushi log into pieces. Make pieces that are about one inch thick or less.

17. Place your sushi pieces on a plate. Make as many sushi rolls as you want.