



Sushi from Japan

Season: Summer/Autumn

From the garden: Spring Onion, Carrots

Type: Side or Main

Difficulty: Easy/Medium

Serves: 10 Rolls

Recipe source: *Jiuan Kok, Kitchen Specialist, East Tamaki School*

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 measure 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 Soya Sauce
10. Garnish with special attention to presentation

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.