

SUSHI!



General sushi rolling procedure

- Sushi rice, cooked, seasoned, room temperature
 - Nori seaweed sheets, or soy paper
 - Selection of raw sushi grade or cooked fish, cut into thin ¼" strips
 - Spicy tuna or shrimp salad
 - Cucumbers, cut into ¼" strips
 - Avocado sliced at time of rolling
 - Tobiko or seaweed salad
 - Sesame seeds or cracked pepper for outside of roll
 - Soy sauce, pickled ginger, wasabi, unagi sauce, sriracha, mayo
1. Lay nori on plastic wrapped bamboo matt.
 2. Dip hands in water to prevent rice from sticking.
 3. Gently spread approximately 2-3 ounces of rice onto nori without pressing too hard.
 4. Rice should cover the nori all the way from left to right.
 5. Leave about ½ inch rice free on the top and bottom of sheet.
 6. Rice should be approximately 2 grains of rice high.
 7. Remember LESS IS MORE!
 8. It is easier to add more rice than attempt to take some off.
 9. Stack fish and/or veggies at bottom of rice horizontally.
 10. Do not overload or it will be difficult to roll.
 11. Start to roll nori up from bottom to top, using that first free space to fold filling in.
 12. Tucking everything in tight on the first turn is very important.
 13. Continue to roll up until you get to the top empty part of the nori.
 14. Dip fingers or brush in water and slightly wet the last ½ inch of nori, this will help with the seal the roll.
 15. Tighten roll with bamboo matt, do not squeeze too hard.
 16. To cut dip sharp knife in water and slice the roll into 6-8 pieces. **Enjoy.**

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Spicy Tuna Salad

- 3 oz sushi grade tuna, chopped small
- 1 tbsp tobiko
- 2 tbsp mayo
- 2 tsp sriracha
- Sesame seeds
- S&P TT

1. Mix ingredients gently. Keep well chilled.
2. Adjust seasoning with S&P.

Shrimp Salad

- 4 oz cooked shrimp, chopped
- 2 tbsp cucumber, chopped
- 2-3 tbsp mayonnaise
- Juice of lemon or lime
- S&P TT

1. Mix all ingredients well.
2. Adjust seasoning with S&P.

Sushi Rice

- 2 cups sushi rice, rinsed 3x
- 2 ¼ cups water
- *Seasoning*
- 1 oz mirin wine
- 2 oz rice wine vinegar
- 2 tsp sugar, dissolved in above liquids
- Pinch salt
- Drop of oil

1. Bring water to a boil in a heavy bottom pot, add rice, stir once with a wooden or plastic spoon.
2. Lower to a bare simmer and cook covered until 95% of the liquid is absorbed, apx 15 mins.
3. **DO NOT STIR AGAIN.**
4. Turn off flame and let sit covered for another 5 minutes.
5. Fluff rice, then **GENTLY** remove from pot and spread into a large oiled bowl.
6. **DO NOT PRESS RICE!** Fan to cool.
7. Once cool for 5 minutes, add seasoning liquid to rice and **GENTLY** blend in.
8. Let rice cool to room temperature before use.

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