SUSHI ROLLING

Sushi Rolling Procedure

- Sushi rice, cooked, seasoned, at room temperature
- Nori seaweed sheets, or soy paper
- Selection of raw sushi grade or cooked fish, cut into thin ¼- inch strips
- Spicy tuna, crab, or shrimp salad
- Cucumbers, cut into ¼- inch strips
- Avocado sliced at time of rolling
- Tobiko or seaweed salad
- Sesame seeds or freshly cracked black pepper for outside of roll
- Soy sauce, pickled ginger, wasabi, unagi sauce, sriracha, mayo

1. Lay nori on a plastic wrapped bamboo mat.
2. Dip hands in water to prevent rice from sticking.
3. Gently spread approximately 2-3 oz. of rice onto nori without pressing too hard.
4. Rice should cover the nori all the way from left to right.
5. Leave about 1 ½ inch space rice free on the top and bottom of the nori sheet.
6. **Rice should be approximately 2 grains of rice high.** Less is more (it's easier to add more rice than attempt to take some off).
7. Stack fish and/or veggies at bottom of rice horizontally.Do not overload or it will be difficult to roll.
8. Start to roll nori up from bottom to top, using that first free space to fold filling in.
9. Tucking everything in tight on the first turn (this is very important).
10. Continue to roll up until you get to the empty top part of the nori.
11. Dip finger or brush in water, slightly wet the last 1 ½ inch of nori to seal the roll.
12. Tighten roll with bamboo mat, do not squeeze too hard.
13. To cut, dip a sharp knife in water and slice the roll into 6-8 pieces. **Enjoy!**

Spicy Tuna, Kani, or Shrimp Salad

- Sushi grade tuna, cooked shrimp, and imitation crab, chopped small
- 1 tbsp. fish roe
- 2 tbsp. mayo
- Sriracha, TT
- S&P TT

1. Mix ingredients gently.

Sushi Rice Method

- 2 cups sushi rice, rinsed 3x
- 2 ¼ cups water
- 1 oz. mirin wine
- 2 oz. rice wine vinegar
- 2 tsp sugar, dissolved in liquids
- Pinch salt

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STOVETOP METHOD:

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, approx. 15 mins.
3. **DO NOT STIR AGAIN.** Turn off the heat and let sit covered for another 5 minutes.
   ***-OR** follow directions on bag for a rice cooker-*
4. Fluff rice, then **GENTLY** remove from the pot and spread into a large bowl.
5. **DO NOT PRESS RICE!** Fan to cool.
6. Once cool for 15 minutes, add seasoning liquid to rice and **GENTLY** blend in.
7. Let rice cool to room temperature before use.

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