

Billingsgate Fish market

Open Tue - Sat  
Reserve for sushi at local fishmonger  
Not from supermarket

Acquiring

Avoid light and contact with oxygen

Care

Ingredients per person

200g Japanese rice / Italian risotto rice

220g water

40g vinegar seasoning

20g vinegar (rice, white wine, white malt)  
acidifying not greater than white wine v.

15g sugar (white caster)

5g sea salt

other flavouring to taste

sake, brandy, seaweed, lemon

Storage

Vinegar gives bacterial resistance  
keeps for 18 hours at room temp

Fish

Rice

Cooking

Thoroughly wash rice until wash water no longer milky

Leave rice to stand for 30 min

Put rice into heavy bottom pan with cold water, bring to boil

Boil heavily for five mins, low heat for ten min and no heat for ten min

Spread evenly onto flat tray and fold vinegar into rice

Fan rice gently to help it cool - once room temp is ready to use

To 'cook' the seasoning, mix the ingredients together

Sushi

Combining

Nori (seaweed sheet) is used shiny side out

Use gloves with mayonaisse for non-stick handling



## **BASIC RECIPE FOR COOKING SUSHI RICE**



- 400g japanese rice
  - 440ml water
  - 75ml sushi rice vinegar seasoning
1. Put the rice in a sieve and submerge into a bowl full of water. Wash thoroughly and discard the milky water. Repeat this process until the water is clear then leave to stand for 30 minutes.
  2. Put the washed rice into a heavy bottomed pan with 440ml of water and place a tight fitting lid on top. Bring the rice to boiling point and continue to boil over a high heat for 5 minutes. Reduce the temperature to a low heat and cook for another 10 minutes. Remove from the heat and allow standing for a further 10 minutes.
  3. Place the cooked rice onto a flat tray and spread it out evenly, slowly adding a little of the vinegar and, using a spatula, mixing the vinegar into the rice using a folding action. Continue to do this until all the vinegar has been incorporated.
  4. Fan the rice gently to help cool it down. The rice should now start to take on a glossy look and, once at room temperature, is ready to use.





## THIN ROLLED SUSHI (MAKI ROLLS)



- One whole cucumber, cut into 1cm thick long strips, salmon, tuna, red and yellow peppers cut to pencil size strips
  - One quantity of prepared sushi rice
  - Wasabi paste
  - Nori seaweed, full sheets
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1. Take a sheet of Nori and place the long side along the edge of a bamboo mat with the shiny, smooth side facing down.
  2. Dip your hands into a bowl of water to prevent rice from sticking to them. Take a handful of rice and mould it into a log shape.
  3. Place the rice in the centre of the sheet of Nori and, using the tips of your fingers, spread it out evenly. Leave about 1cm space of Nori uncovered along the edges furthest from you.
  4. If using a fish filling, dab a thin line of Wasabi paste across the centre. Don't overdo the Wasabi, it should complement sushi not overpower it.
  5. Arrange a piece of fish (cucumber or pepper or any other vegetable) over the Wasabi, you may need more strips if they are small pieces. Make sure there are no gaps from one side of the Nori to the other.
  6. Lift up the edge of the mat and gently roll the Nori, using the mat, over to meet the top edge, ensuring the rice from the bottom edge makes contact with the rice from the top edge. Apply a little pressure to make it compact.
  7. You should now see the strip of Nori which was not covered in rice. Gently shape the roll using both hands and apply even pressure, lifting the edge of the mat slightly and pushing the roll forward a little so that the uncovered strip of Nori seals the roll. The moisture of the rice acts as an adhesive. Set aside while you are making more.
  8. Using a wet knife cut the roll into 6 evenly sized pieces.





## **CALIFORNIA INSIDE-OUT ROLL (URAMAKI)**

- Three pieces of crabstick
  - One medium avocado - peeled, stoned and cut into 15mm thick strips
  - One quantity of prepared sushi rice
  - Mayonnaise
  - Sesame seeds
  - Nori seaweed full sheets
1. Place the Nori onto a bamboo rolling mat. Dip your hands in a bowl of water and take a good handful of rice. Place it into the middle of the Nori and, using your fingertips, spread it out evenly, ensuring all edges are covered. Sprinkle with the sesame seeds and then flip it over so that the rice is now facing downwards.
  2. Lay the crabstick and about a quarter of the prepared avocado along the middle of the Nori, spread as evenly as possible. Using a spoon, add a thin line of mayonnaise along one side of the filling.
  3. Lift up the near edge of the mat, holding the filling with your fingers, as necessary. Start rolling to join the 2 edges of rice and Nori together.
  4. Gently squeeze along the roll to shape, lift the mat and roll it forward. Using gentle but firm pressure, mould into a round shape. Set aside whilst making more rolls.
  5. Using a wet knife, cut the rolls into 8 evenly sized pieces.





## **HAND-ROLLED SUSHI (TEMAKI SUSHI)**

- Choice of fillings (cut into 6cm long strips): French beans, cucumber, avocado, salmon, crabstick, peppers, lettuce leaves
  - One quantity of prepared sushi rice
  - Wasabi paste and mayonnaise
  - Nori seaweed cut into half size sheets
  - Sesame seeds
1. Hold a piece of Nori in your left hand and add a generous tablespoon of rice to the top left hand corner.
  2. Spread the rice to the centre of the bottom edge of the Nori, using your finger tips to flatten the rice slightly. Dab a little Wasabi paste on the rice if using raw fish as one of your fillings.
  3. Arrange your choice of filling on top of the rice, using no more than 4 items, with a little mayonnaise. They should point diagonally to the top left corner of the Nori.
  4. Fold the bottom left-hand corner of the Nori towards the top right corner of the filling, so that the Nori wraps over both rice and filling.
  5. Whilst holding the Nori, roll the top half of it to create a cone shaped roll. Sprinkle with a few sesame seeds.