



# MAKI ROLLS

PREP TIME: 30 MINS   COOKING TIME: 40 MIN   SERVES: 4

## Equipment

- Sushi rolling mat
- Rice paddle
- Sharp knife
- Cutting board
- Rice cooker or thick saucepan with a tight-fitting lid
- Small saucepan or an empty jam jar
- Large mixing bowl
- Fan (with a helper if possible!)

## Ingredients

- 480g Sushi rice
- 570ml Filtered water
- 1 piece Dried Kombu seaweed - Approx. 2" x 1" (optional)
- 50 ml Rice vinegar or white wine vinegar
- 25g sugar
- 5g Sea salt
- 1 Avocado
- 1/2 Cucumber
- 2 Salmon Fillets (skinned)
- Hakkō House teriyaki suace
- 2 tsp mayonnaise (optional)
- few basil leaves

## The Art of Sushi

### Preparing the Rice

- Wash 480g rice in a saucepan very well with cold water, massaging it gently with your hand for 30 seconds
- Then discard the water through a sieve being careful not to lose any rice down the drain! Repeat this process 4 to 5 times until the water is clear
- Strain the rice one last time and return to the saucepan
- Add 570ml of water to the pan and if using, add a piece of Kombu seaweed
- Let it stand for 30 minutes (in the fridge is even better!)

### Sushi Vinegar Mix

- Add vinegar, sugar and sea salt to a small saucepan. Gently heat as you whisk to dissolve at, which point turn the heat off and wait for the mixture to return to room temperature. Alternatively put all the ingredients in a jar and shake vigorously until all is dissolved. This can be done on a previous day

### Preparing the fillings

- Place 2 Salmon Fillets on a baking tray and sprinkle with good quality sea salt
- Bake for 12-18 mins until cooked throughout. Remove from the pan and flake into a bowl. Once cooked, if using, mix a tablespoon of Hakkō House teriyaki sauce with mayonnaise & mix in with the fish
- Cut the avocado in half, take the stone out & spoon out the flesh. Slice it 1cm thick length-ways then set aside
- Peel some of the cucumber skin then slice it in half length-ways. Then take a teaspoon and gently remove the seeds. Then cut each half into 4-6 strips. Set aside
- Wash a handful of basil leaves and set aside

## **The Secret of Cooking Japanese Rice**

- If using a saucepan then put the rice with the dried Kombu seaweed on medium heat for approximately 10 minutes with a tight fitting lid. \*Avoid lifting the lid throughout the cooking process in order to keep the steam and heat in the saucepan
- When the rice begins to boil (you will see steam escaping), reduce the heat to low and simmer for 20 minutes. During this time the rice will soak up the liquid and get sticky
- After 20 mins, turn the heat off, lift the lid and gently fluff the rice with your rice paddle being careful not to mash the grains.
- Replace the lid and let it stand for 10-15 minutes to allow the steam to settle - this will make the rice perfectly soft and bouncy!
- Using your paddle, take the rice out carefully from the saucepan and put into a large bowl (the more flat and wide the base of the bowl the better)
- Pour the vinegar mix all over the rice and mix gently, but quickly - a cut and fold method is best to ensure the rice is well coated
- Finally, fan the rice to let it cool quickly (you could use a Tupperware lid!)

## **The Art of Rolling Sushi**

- Prepare a bowl of water with a dash of vinegar by your side to keep your fingers wet and clean
- Place the Sushi mat horizontally and put a sheet of Nori seaweed on top, shiny side down
- Put a handful of Sushi rice on the Nori then spread it neatly and evenly as if moving but not squashing the rice onto the Nori seaweed. It can be helpful to use your other hand to hold the Nori in place whilst moving the rice. Make sure you leave the top inch of Nori empty of rice
- Once the rice has been spread, place the strips of cucumber, avocado, the basil leaves and the salmon together just a little below the centre of the sheet
- Lift the end of the mat closest to you and roll it away from you, bringing it over the filling firmly with fingers
- Once the filling is tucked in, gently lift the nearly finished roll and bring to the bottom of the mat and proceed to roll all the way up
- When finished, remove from the mat, and let it rest on a chopping board with the place the Nori joins at the bottom whilst you use the mat to make more rolls!
- When ready to eat, take a sharp knife and cut the roll in half then cut each half into 4 pieces evenly. Hold the maki firmly without squashing whilst you cut. You will need a clean damp cloth to wipe the blade between each cut to ensure the cuts remain clean from sticky rice.

## **Serve and Enjoy!**

Serve on to your plates - you can get presentation inspiration from our website or social media page! Traditionally, a small amount of light soy sauce and wasabi is enjoyed with each piece of sushi to ensure the flavours can be best experienced!