



TASTE THE WORLD RECIPES



Makizushi (Sushi Roll)

Chisako (YAMATO, the Drummers of Japan)

INGREDIENTS (for 2 people)

2 cups (1cup = 180ml) – Japanese rice
60cc – Sushi vinegar
Nori (seaweed)
Eggs
Cucumbers
Crabsticks
Tuna (mixed with mayonnaise)
Smoked salmon slices
Avocado
Cooked shrimp (prawns)
Raw tuna
Wasabi paste
Kanpyo (dried gourd shavings – you can find this in a Japanese supermarket, and it's already cooked)
Denbu (mashed fish boiled with sugar and soy sauce – you can also find this in the Japanese supermarket)

METHOD

1. When the rice is cooked and has stood for 10mins – add sushi-vinegar and 'fold' the rice a few times
2. Prepare sushi filling. Cut cucumber, crab stick, cooked egg (everything should be cut into long and slender strips)
3. Place a sheet of nori on the bamboo mat, shiny side down
4. Keeping your hands moistened, put two or three tablespoons of sushi rice in the center of the nori and spread over the seaweed
5. Add the fillings on top of the rice – in the centre of sheet - lengthways along the sheet
6. To roll, fold the bamboo mat so the filling is enclosed in the center of the nori. Press the mat around the roll
7. Remove the mat from around the roll, place it on a cutting board, seam side down. Slice the sushi, using a wet, very sharp knife

How to serve

Serve the sushi with a small bowl of shoyu (soy sauce) for dipping, extra wasabi for those who like their sushi extra hot, and slices of gari (Japanese pickled ginger) for cleansing the palate between sushi pieces. You can eat sushi with your hands or with chopsticks.

