

# Sushi

**Season:** Any

**Type:** Japanese Snack

**Difficulty:** 🧤 🧤

**Serves:** 8

**Fresh from the garden:** Vegetables of choice



<p><b>Equipment:</b>          Large bowl          Measuring cups and spoons          Large saucepan          Small bowl          Spoons          Spatula          Fan (or a magazine)          Knives          Chopping boards and mats          Bamboo sheet (optional)</p>	<p><b>Ingredients:</b>          3 cups (600g) uncooked short grain rice (Arborio)          3 cups water (750mls)</p> <p><b>Sushi vinegar</b>          ½ cup rice vinegar or use ½ cup (125mls) bought sushi vinegar          ¼ cup (55g) sugar          ½ teaspoon salt          Nori (seaweed) sheets          Any combination of the following vegetables:          cucumber, zucchini, capsicum, carrots, radish,          asparagus, spring onions, mushrooms, avocado,          fresh spinach</p>
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## Method:

- Place rice in large bowl, fill with cold water and stir with hand. Drain; repeat process 2-3 times until water is almost clear. Drain rice in a strainer or colander for 15 minutes or longer, if possible. Meanwhile, prepare sushi vinegar: Combine vinegar, sugar and salt and stir until sugar dissolves. Set aside until required.
- Place drained rice and the water in a medium saucepan, cover tightly and bring to the boil. Reduce heat; simmer, covered tightly, for about 12 minutes or until all water is absorbed. Remove from heat and stand for 10 minutes with lid on.
- Spread rice out in a large, non-metallic flat-bottomed bowl or tub (preferably wood). Using a rice paddle, a flat wooden spoon or plastic spatula, repeatedly slice through rice at a 45° angle to break up any lumps and separate the grains, gradually pouring in the sushi vinegar at the same time. Not all the vinegar may be required; the rice shouldn't become too wet or mushy. Continue to slice, not stir because it squashes the grains, lifting and turning the rice from the outside into the centre.
- Fan the rice until it is almost cold. This will take about 5 minutes. Turn occasionally, which gives good flavour, texture and gloss to the rice. Do not overcool the rice or it will harden.
- Lay out the first nori sheet. Place a handful of rice in the centre of the sheet, moisten your hands with water, and gently but firmly press the rice to the edges of the sheet so that there is a thin layer of rice in a line on the sheet.
- Lay the vegetables in a line on top of the rice about 5cm in from the edge.
- Carefully wrap the closest edge over the vegetables, then roll the nori delicately but tightly. Seal by moistening the edge of the nori. Once the nori sheet is completely rolled, slice the roll into 6 pieces and arrange on a platter. Repeat with the remaining nori sheets.