



Sushi

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: avocado (if available), carrot, cucumber

Equipment:

measuring cup
colander
measuring spoon
medium saucepan and lid
large bowl
small bowl
mixing spoon
bamboo mat or non-stick
baking paper

Ingredients:

1 cup short-grain rice
2 cups water
1 tbs castor sugar
1 tbs rice vinegar
 $\frac{3}{4}$ tsp salt
1 carrot, julienned
1 small cucumber, julienned
1 avocado (optional), sliced into batons
4 nori sheets
soy sauce, to serve
pickled ginger, to serve (optional)
wasabi, to serve (optional)



What to do:

1. Rinse the rice under running water and drain well.
2. Place rice and water in a saucepan and bring to the boil.
3. Reduce heat to low and simmer, uncovered, for 12–15 minutes, stirring occasionally, until all the water has been absorbed.
4. Remove from the heat and let stand, covered, for a further 10 minutes.
5. Place the cooked rice in a large bowl and allow to cool (it must not be warm).
6. Combine sugar, vinegar and salt in a small bowl, then stir the mixture into the rice.
7. Place one nori sheet, shiny-side down, on a bamboo mat (or non-stick baking paper).
8. Make sure the longest edge of the nori is at the top of the mat.
9. Dip your hands into the water mixture (to prevent the rice from sticking)
10. Spread a quarter of the rice over the bottom two-thirds of the nori sheet, leaving a small border around the edge.
11. Fill the centre with a row of carrot, cucumber and avocado.
12. Gently lift the end of the mat closest to you and roll it over the ingredients to enclose.
13. Continue rolling the mat forward to make a complete roll. With one hand on top, gently roll the mat back and forth a few times to make a nice round log.
14. Use a sharp knife to slice the rolls at 1 cm intervals.
15. Serve with soy sauce, pickled ginger and wasabi, if using.