

sushi

Equipment:

measuring cups & spoons, bamboo sushi mats, small bowl, knives, chopping boards

Ingredients:

1 quantity sushi rice
about 7 sheets nori
1 cucumber
1 carrot
avocado?
sushi mayonnaise
toasted sesame seeds?

Method:

Clean and julienne the filling vegetables. They need to be long (10 plus cms) and thin.

Put some water in the bowl.

Place 1 sheet of the nori, shiny side down, on the bamboo rolling mat. Spread approx 1 cup of the sushi rice evenly over the nori, keeping 2cm at the far end rice free. On this side, spread the fillings in a long, thin line. Spread the mayonnaise on first. Lift the filling side of the mat and start to roll the sushi tightly (easier said than done!!).

Keep your hands damp; this helps prevent the rice from sticking to them. Just before reaching the other side, wet the exposed nori with a little water; this helps it stick together.

Push the ends in (rice and filling will try to escape). Unwrap mat, and place your sushi on a tray. When they have been all rolled up, use a wet knife to slice into 6 or 8 even pieces.

Serve with the dipping sauce.