















Sushi – California Rolls

Ingredients (Makes 6)







-  2 cups sushi rice
-  3 cups water
-  6 tablespoons sushi vinegar
-  4 egg omelette – sliced lengthways
-  1 Lebanese cucumber, seeded and thinly sliced lengthways
-  1 avocado sliced into wedges
-  Japanese mayonnaise
-  6 nori sheets
-  Wasabi
-  Pickled ginger

Method:

Rice

-  Rinse rice under cold water several times so as to rinse all rice starch out of the rice and drain
-  Bring water and rice to the boil, lower heat, cover and simmer for 12 minutes
-  Remove from heat and stand covered for 10 minutes
-  Spread rice evenly on a flat tray sprinkle sushi vinegar over rice, slicing through rice with a wooden spoon to break up any lumps and distribute the vinegar evenly

Rolls

-  Place Bamboo rolling mat out on work surface. Lay nori sheet onto mat
-  Place rice evenly (½ cm thickness) covering two thirds of the nori sheet
-  In the centre of the rice bed, place avocado, egg omelette, cucumber and mayonnaise
-  Begin rolling by lifting the mat and pressing one side of the rice over the other, covering the filling
-  Bind the two ends of nori sheet together with a little water just before rolling together firmly
-  Cut into bite size pieces and serve with soy sauce, pickled ginger and wasabi on the side