

DIY SUSHI GUIDE



SHOPPING LIST

ESSENTIAL INGREDIENTS:

- SUSHI RICE
(SHORT-GRAIN RICE)
- RICE VINEGAR
- SUGAR
- SALT
- NORI SHEETS (SEAWEED)

FILLING INGREDIENTS:

- CARROT
- CUCUMBER
- CREAMCHEESE
- AVOCADO
- CHOICE OF PROTEIN

EQUIPMENT AND ADD-ONS:

- BAMBOO ROLLING MAT
- SHARP KNIFE
- WASABI
- SOY SAUCE OR TAMARI
- SESAME SEEDS

PREPARATIONS INSTRUCTIONS

PREPARE 2 CUPS OF SHORT-GRAIN RICE AS USUAL. PREPARE A MIX OF 1 / 4 CUP RICE VINIGAR, 1 TBSP OF SUGAR AND 1 TSP OF SALT. GENTLY FOLD MIXTURE INTO COOKED RICE.

THINLY SLICE FILLING INGREDIENTS INTO PEICES TO ABOUT THE THICKNESS OF A MATCHSTICKS.

SUSHI ASSEMBLY

- PUT ONE SHEET OF NORI ONTO BAMBOO SUSHI ROLLING MAT.
- WET YOUR HANDS AND APPLY A THIN LAYER OF COOKED SUCHI RICE ONTO NORI, LEAVING A SMALL GAP ON THE TOP EDGE.
- ADD FILLINGS ABOUT 1.5 INCH FROM THE BOTTOM, MAKE SURE NOT TO OVER FILL.
- BEGIN ROLLING SUSHI BY ROLLING BOTTOM PART OF MAT OVER THE FILLING AND TIGHTEN. AFTER ESTABLISHING INITIAL SHAPE, USE MAT TO ROLL THE REST OF THE SUSHI