

# E17popup VEKU Sushi Class

## BASIC INGREDIENTS

### **Nori (Dried Seaweed)**

Good quality Nori is dark in colour and densely packed. Cheaper kinds are green.

To keep Nori fresh after opening the packet, keep it in an airtight container in a cool place. If it has absorbed moisture, you can crisp it up by putting it in a hot frying pan for a few seconds on each side.

### **Soy Sauce**

A good Japanese soy is aged longer than a Chinese one. But watch out for additives like sugar and MSG.

### **Gari (pickled Ginger)**

You can make your own pickled ginger. Choose fresh ginger with a thin skin. The skin in young ginger is almost translucent. Definitely avoid pieces that look dry or shrivelled as they will be tough and fibrous inside.

- 1 pound of fresh ginger.
- 2 cups or sushi vinegar
- 3 tbsp salt

### **Wasabi**

Wasabi is Japanese Horseradish which is an olive green root with bumpy bits on it.

The best roots are more than 4 years old and are quite expensive even in Japan.

In the UK you can buy Wasabi that comes as a powder or a paste. The paste form is preferable and but do check the ingredients to see how much of the horseradish is actually Wasabi. (Often other types or horseradish is substituted in part or all!)

### **Suzhizu (Sushi Vinegar)**

- 4 cups of rice vinegar
- 4 tbsp caster sugar
- 2 tbsp salt
- 2 tbsp sake

pour all ingredients into a saucepan on low heat. stir constantly until the sugar and salt are dissolved. Store in an air tight jar and keep in a cool dark place away from sunlight. It doesn't need to be kept in the fridge and it will keep indefinitely!

## **FISH and SEAFOOD PRODUCTS**

Sashimi grade fish can be bought at Japanese (or Korean) supermarkets or your local fishmonger.  
(Ask for super fresh sushi grade fish)

### **Japanese Supermarkets**

Japan Centre in Piccadilly, 19 Shaftesbury Ave. London W1D 7ED  
Arigato in Brewer Street, 48-50 Brewer St, London W1F 9TG

### **Where to buy your sushi ingredients and sashimi grade fish:**

Japanese or Korean Supermarket or your local fishmonger  
(ask if they do super fresh sushi grade fish)  
Also at the Japan Centre if you happen to live near to one.

Also a lot of Chinese / Oriental supermarkets and even mainstream ones sell a lot of the other ingredients that you can use.

### **Other Ingredients:**

What you will need:

- Japanese short grain rice (also known as sushi rice)
- Sushi Seasoned Vinegar (also known as Sushisu)
- Sushi Nori Seaweed
- Soy Sauce
- Wasabi
- ... and the ingredients for your filling.

Here are some tasty filling combinations that you can try:

- Crab stick, avocado & Japanese mayo
- Teriyaki beef steak, watercress & creme fraiche + wasabi
- Roast chicken, spring onions, lettuce & mayo
- Smoked salmon, cucumber & cream cheese
- Tuna, corn, cucumber & mayo
- Ham, onion chutney, cheddar cheese & mustard
- Sun dried tomatoes, fresh basil, mascarpone cheese
- Coriander, tomatoes, cucumber, guacamole & sour cream

Happy sushi rolling!

### **For Decoration you can use:**

- ♦ Shredded Nori (Finely sliced Nori Strips)
- ♦ Roasted Sesame Seeds (black & white)
- ♦ Roe
- ♦ Japanese Basil (Shiso)
- ♦ Dill

## **COOKING JAPANESE RICE**

If you do not have a rice cooker at home, you can easily cook rice in a thick base pot.

### **How to cook rice in a pot:**

Please follow the video clip demo for guidance.

**<http://vimeo.com/55217724>**

1. After washing the rice, drain the water well and set aside for roughly 30 minutes to allow the rice to absorb the moisture.
2. Guideline amount of rice & water ratio should be - rice 1cup: water 1cup plus 10% (every 180cc rice: 200ml water). In this video 360cc rice + 400ml water is used. (Approximately 1 cup is sufficient to make enough sushi rice for 2 people)
3. Start cooking rice on high to mid heat. The heat level will heavily depend on your stove- top and the pot used. If you don't have a cast iron pot, please use a thick-based pot or a non-stick pot.
4. Once the water is boiled, turn to low heat.
5. The rice will be ready in around 10 - 15 mins, depending the amount of rice used. Although the video tells you not to open the lid, you should check if the rice is cooked, at least for the first couple of times till you get the hang of it.
6. Turn the heat off and let it sit with lid on pot for roughly 15 minutes.
7. Fluff the rice gently with a wooden paddle or spoon.

### **How to cook rice in a Rice Cooker:**

Simply follow the instructions for the rice cooker.

Typically a measuring cup is provided.

For best results cook at least 2 cups of rice at a time.

Pour the amount of rice you need into a sieve, wash thoroughly, and then soak the sushi rice, (as per instructions on the Rice packet).

The advantage of a rice cooker is that you don't need to worry about watching it once it is on. Also once it finishes it keeps your rice warm for you until you need to use it.

## **MAKING SUSHI RICE**

Once the rice is cooked, carefully scoop it into a flat wooden sumeshi bowl.

Alternately, any large flat bowl will do. (plastic or wooden will work)

If you do not have a flat bowl then a curved bowl will suffice but take extra care to distribute the sushi vinegar evenly.

Half fill the bowl with rice. Slowly pour in some of the sushi vinegar onto the back of a flat rice paddle (or flat wooden spatula) and into the rice. Now carefully mix it in by cutting into the rice at a 45 degree angle. The idea is to divide any lumps and try to separate the grains. Fold the rice into the centre. Do not stir (as this crushes the rice) and continue cutting and separating.

At same time, the idea is to cool the rice as quickly as possible to room temperature. Traditionally a hand fan is used but if you have an electric fan use that or try to do the rice in a cool or draughty room.

As a rough estimate, if you cook 2 cups of rice, use about 80ml of sushi seasoning mix.

Continue adding the sushi vinegar in small amounts and cutting the rice until it is all mixed in. Try some, when the taste is to your liking, and the rice is cool, then its time to make Sushi!

### **BUT FIRST!**

- 1) Wrap up your rolling mat (if using) in cling film
- 2) Make some vinegared water. Fill a small bowl with water and put a tablespoon or two of rice vinegar. This will be used to wet your hands when handling the rice. (also for wetting the knife when cutting into rolls)
- 3) Cut and slice all the ingredients you plan to use

### **LET MAKE SUSHI!**

#### **NIGIRI (hand made 'shaped' sushi)**

Dip your hands in the vinegared water. Form a rectangular piece of rice about 2 inches long and almost 1 inch wide and about 1/2 inch tall. If using, add a smear of wasabi onto rice. Carefully lower the fish onto the rice. and gently squeeze the top and bottom and the sides to stick it together.

MAKE 2 NIGIRI: 1) 1 piece of Salmon. 2) Tuna

### **HOSOMAKI (thin roll sushi)**

Place the Nori on a sushi mat. weigh 80g of rice. Moisten hands. and spread the rice in a thin layer leaving 1cm at the top. Place filling in the middle of the rice. Smear some wasabi if using along the filling. Place thumbs firmly under the bottom of the sushi mat, with your fingers holding the filling in place. Bring the mat up to cover the filling, then over to enclose the roll. Press gently to tighten the roll then raise the cover and bring forward slightly. The bottom edge of the nori should meet the edge of the rice.

MAKE 2 MAKI ROLLS

1) Cucumber, 2) Fishstick and avocado with Japanese Mayonnaise.

### **URAMAKI (inside out rolls)**

Cover sushi mat on both sides with Clingfilm. Place half a sheet of Nori down.

Weigh 110g of rice. Moisten hands with water-vinegar and evenly spread the rice over the Nori. Add sesame seeds if using or shredded Nori / roe / dill and press gently into the rice. It should stick.

Now flip the whole thing onto its other side. (fold the mat in half to help)

Then place your fillings in the first 1 cm closest to you. Roll the filling and continue rolling and complete.

MAKE 2 SAIMAKI ROLLS,

1) Salmon strips and Cucumber. 2) Tuna Strips and Asparagus

### **TEMARI SUSHI (Hand rolled ball shaped sushi)**

Moisten hands, and roll 3 balls of the same size. Approximately a ping pong ball size.

Use a small piece of clingfilm (roughly 8" square) and place the fish fillet in the centre. Place the ball of rice on top. Now gather up the corners to enclose the bundle. Twist the ends tightly taking care not to squash the contents too much!

Repeat with the 2 other ingredients.

MAKE 3 TEMARI

1) Fish, 2) Prawn, 3) Your Choice

### **TEMAKI (Hand rolls)**

Spread rice on half the sheet. Place all the ingredients for the filling diagonally.

fold from bottom corner up to the top middle and continue rolling to form a cone shape. When the cone is almost fully rolled, add a grain of rice to the corner of the nori and use it to "stick" the end on.

MAKE 2 TEMAKI. Use any ingredients you want.

EG Salmon Avocado Cucumber. Asparagus, Cucumber, Tuna

**ENJOY!**