




Sushi



This recipe for vegetarian sushi rolls can be adapted to include whatever filling you can imagine.

Equipment:	Ingredients	
chopping board cook's knife Large plate non-stick baking paper - 1 sheet per student Small bowls Soup spoons Individual plates	1 cup cooked sushi rice Various seasonal vegetables as available 1/2 nori sheet per student (For the set-up team: soy sauce, to serve pickled ginger, to serve wasabi, to serve)	

Method:

Remember to clean up your workstation as you go

1. **Keep nori sheets dry until you come to use them.**
2. Clean and dry all the vegetables.
3. Slice vegetables into fine julienne strips, keeping them in separate piles on a large plate.
4. Wipe your knife and chopping board clean. Put your knife to the back of the chopping board.
5. Place the baking paper on your chopping board.
6. Place one nori sheet, rough side up, on the baking paper, landscape orientation (the longest edge of the nori at the top and the bottom).
7. Dip a spoon and your hands into a small bowl of water. Rub hands together to dampen them.
8. Using your fingers or the wet soup spoon, thinly spread rice (about 2 soup spoons full) over **the bottom half of the nori sheet.**
9. **Flatten rice evenly with damp hands or the back of the damp spoon.**
10. Add a thin row of filling along the centre of the rice. **Do not overfill.**
11. Gently lift the end of the paper closest to you and roll it over the ingredients to enclose.
12. Dampen your fingers again to dampen the empty half of the nori sheet.
13. Continue rolling the paper forward to make a complete roll.
14. With one hand on top, gently roll the paper back and forth a few times to make a round, firm, secure log.
15. Rest the sushi on its seam to allow it to set.
16. Put paper aside (you will need it again).
17. Dampen your knife with a dish cloth.
18. Using Bear Claw grip and the whole blade of your knife, **gently** slice the roll in half. Cut each half into thirds.
19. Carefully place your 6 sushis onto a plate.

