



Sushi

Equipment: Chopping board and grip Knives Spoon measures Rice cooker Sieve	Ingredients: 1 1/2 cups Japanese Style Sushi Rice (see note) 2 tablespoons rice wine vinegar 1 tablespoon caster sugar 4 nori sheets 1 Lebanese cucumber, cut into matchsticks 1 medium avocado, thinly sliced 1 medium carrot, grated Soy sauce, to serve
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What to do:

SUSHI:

1. Place 1 nori sheet, shiny-side down, on a sushi mat.
2. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end.
3. Arrange one-quarter cucumber, avocado and carrot over mayonnaise.
4. Using the sushi mat, roll up firmly to form a roll.
5. Cut into 8 slices.
6. Repeat with remaining nori sheets, rice, , cucumber, avocado and carrot to make 24 pieces.
7. Serve with soy sauce.

RICE (this will be done) :

8. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
9. Get started on sushi filling preparation and rolling.
10. Place rice and 1 1/2 cups cold water in a rice cooker and turn on.
11. Meanwhile, place vinegar and sugar saucepan and stir until sugar is dissolved.
12. Once rice is cooked, transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.