



Sushi

MAKES: 6 rolls sliced into 8 = 48 pieces

INGREDIENTS:

- 1 ½ cups sushi rice
- 2 tablespoons rice wine vinegar
- 1 tablespoon caster sugar
- 6 nori sheets
- Japanese mayonnaise
- 1 avocado, peeled, stone removed, quartered and sliced into thin strips
- 1 medium carrot, peeled and coarsely grated
- 1 lebanese cucumber, seeds removed, cut into thin strips
- Salt-reduced, gluten-free soy sauce, to serve



METHOD:

1. Rinse and drain rice 3x. place in a sieve over a bowl and allow to drain
2. Place rice and 2 cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered for 12 minutes or until water has absorbed. Remove from heat. Stand, covered, for 10 minutes.
3. Place vinegar and sugar in a small saucepan. Stir over gentle heat to dissolve sugar.
4. Transfer rice to a large bowl. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
5. Prepare sushi vegetables.
6. On the bench line up 6 sushi mats short ends left and right, bowls of prepared vegetables and bowls of water for wetting hands.
7. Place 1 nori sheet, shiny-side down, on a sushi mat.
8. Divide rice mixture onto 6 nori sheets.
9. Using wet fingers, spread rice over nori, leaving a 2cm strip at long end furthest away from you. Sprinkle grated carrot over rice and add strips of cucumber and avocado. Squirt mayonnaise in a line, end to end over vegetables.
10. With wet fingers dampen the 2cm strip at long end furthest away from you. Roll up firmly with the sushi mat to form a roll. Cut each roll into 8 slices with wet knife.
11. Serve sushi with soy sauce.