

Sushi Roll (Using sushi mat & self-wrap)



Ingredients: Salad Roll (4 servings)

Roasted Seaweed (21cm x 19cm)	4 sheets
Japanese Rice (white or brown) (2 Rice Cooker Cup)	360 ml
Water	360 ml
Sushi Rice Seasoning Powder	2 tbsp.



Cucumber (cut into strips)	1/2
Imitation Crab	1 pkg
Canned Tuna mixed with mayo	2 cans
Thick Omelet (cut into strips)	1/2

Or ingredients of your choice.
Suggestions:
carrot, lettuce,
spinach, avocado,
raw fish, etc.

Ingredients: Self Wrap Sushi (4 servings)

Roasted seaweed (21cm x19cm)	2 sheet
Cauliflower Rice	200 g
Sushi Rice Seasoning Powder	1 tbsp.



Lettuce (or any leaves you'd like)	4 slices
Imitation Crab	4
Cucumber (cut into strips)	1/4
Thick Omelet (cut into strips)	1/4
Carrot (thin sliced)	10 g

How to make sushi rice

Instructions

1. Put rice in a large bowl. Rinse the rice and discard the water immediately. Rice absorbs water very quickly when you start washing, so do not let the rice absorb the unclear water. Repeat this process 1-2 times.
2. Now use your fingers to gently wash the rice by moving in a circular motion.
3. Rinse and discard water. Repeat this process 3-4 times.
4. Transfer the rice into a sieve and drain completely.
5. Put the rice in the rice cooker bowl and add the same amount of water.
6. Let the rice soak in water for 30 minutes. (*About 1 hour for winter)
7. Place the konbu (kelp) on top of the rice and start cooking. (optional)
8. Once the rice is cooked, transfer it to a large bowl or a baking pan and spread the rice to make it cool faster and pour the sushi rice seasoning powder on top while the rice is still warm.
9. Slice the rice with the rice spoon quickly to separate the rice grains and use a fan to cool down.

How to make sushi roll



Equipment used:

Bamboo sushi mat (makisu)

Food wrap

Sharp knife

Cutting board



1. Place a food wrap then a sheet of seaweed on top of bamboo mat. A sheet of the seaweed has a rough side and a smooth side. Place the rough side facing up.
2. Spread the sushi rice on top using a rice spoon or your hand, evenly cover it and leave about an inch from the top of the seaweed sheet.

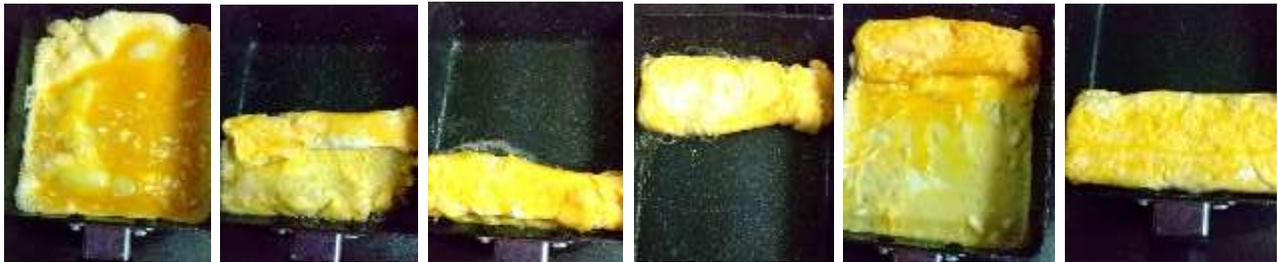
Tip: If you are using your hands, wet them with water or vinegar before you spread the sushi rice so that it will not stick to your hands.
3. Place a strip of cucumber, thick omelet, imitation crab and tuna mixed with mayo (or your desired ingredients) in a line, starting on the near edge of the rice layer. Each filling should be in its own line.
4. Start rolling up the ingredients away from you using bamboo mat until the bottom end reaches the seaweed sheet.
5. Allow the roll to sit for a minute before cutting it. The moisture from the rice will help it stick together which makes it less likely to tear.
6. Use a sharp knife to cut the sushi roll into six to eight pieces. Wet the knife every time you slice it.
7. Sushi should be eaten freshly made.

How to make thick omelet (Atsuyaki Tamago)



Ingredients:

Eggs	3
Shiro dashi (White soy sauce with dashi flavor)	1 tsp
Mayo	1 tbsp.
Sugar (Optional)	2 tsp
Vegetable oil	1 tsp



1. Add eggs, shirodashi, and mayo into a bowl and beat them together.
2. Preheat the pan over medium-low heat then pour 1 tsp of oil to the pan ensuring it spreads the entire surface of the pan.
3. Pour about $\frac{1}{4}$ of the egg mixture in the pan, spread it to the entire surface, make a thin layered egg and cook until it's half-done (not runny).
4. Roll up the omelet to one side, add a little bit of oil to the pan, spread it with a folded kitchen towel and make sure to add the oil under the omelet as well.
5. Pour another $\frac{1}{4}$ of egg mixture to the pan. Lift up the rolled omelet and let the egg mixture flow underneath.
6. Repeat the steps until you run out of the egg mix.
7. Let the omelet cool down a little bit, remove it from the pan and slice it into strips.

It is common to use a rectangular-shaped pan to make thick omelet in Japan. However, if you do not have it, you can use a regular pan. If it is hard to make a thick omelet on your own, you can purchase the pre-made thick omelet at the Japanese grocery stores or you can make scramble eggs.

How to make self-wrap sushi using cauliflower rice



1. Add 200g of cauliflower rice and 1 tbsp. of sushi rice seasoning powder in a bowl and mix.
2. Cut the sheet of roasted seaweed in half and place it on a plate. Put a leaf of lettuce on the left side of the seaweed then put about 50g of cauliflower rice mixed with the sushi rice seasoning powder on top and other ingredients thin sliced carrot, a strip of cucumber, omelet and imitation crab or anything you'd like.
3. Lift up the left bottom of the seaweed and role it up to make an ice cream cone.