

## **Sumeshi, Norimaki, Gunkanmaki, Uramaki and Temaki**

Sushi is often associated with raw fish but the word sushi comes from sumeshi which means vinegared rice. It can take anything from 2 to 20 years to train to be a sushi chef. We will be serving ours with plenty of wasabi

**Serves 6, prep 45 minutes, cook 15 minutes**

### **Sumeshi (vinegared rice)**

500g sushi rice

1 piece of dried kelp (kombu), for flavouring

1 litre of water

3 tbsp sushi vinegar

2 tbsp sugar

2 tsp salt

- 1 Rinse the rice really well then drain.
- 2 Put rice into a large saucepan with the kombu, pour in the water and bring to the boil then reduce to a simmer (do not remove lid, stir or boil over).
- 3 After 5 minutes remove the kombu. After 12 minutes the rice should be cooked so remove from the heat and leave to steam for 5 mins.
- 4 Mix the sushi vinegar, salt and sugar in a small jug until dissolved then fold into the rice.

### **Norimaki (simple rolled sushi) makes 36 pieces [6 rolls]**

$\frac{3}{4}$  quantity of sushi rice

3 sheets of nori seaweed, cut into halves

wasabi paste

18cm piece of cucumber

Soy sauce to serve

Pickled ginger to serve

a bowl of water for your hands

### **Method**

- 1 Cut the cucumber into quarters lengthways and deseed by scraping the seeds out with a teaspoon. Cut the lengths into long 1cm wide strips
- 2 On a rolling mat place the Nori seaweed shiny side down.
- 3 Spread out the sticky rice to cover  $\frac{3}{4}$  of the nori closest to you. This can be done using the back of a metal spoon. Dip your hands in the water as needed to avoid getting rice sticking to you.
- 4 Place a strip of cucumber down the center of the rice.
- 5 Roll up the sushi roll using the rolling matt. Make sure that the filling remains tucked into the seaweed when rolling.
- 6 Finally, slice the roll every 2cm and place the sushi on a plate to serve. Serve with a pea sized dot of wasabi, a small dish of soy sauce and a few slices of pickled ginger. Alternative fillings, 1cm strips of fresh salmon, red pepper strips or carrot sticks.

### **Gunkanmaki (battleship rolls) makes 12**

½ quantity sushi rice  
1 ½ nori sheets  
8 to 12 tbsp crabmeat  
1 tsp sake  
2 tsp wasabi paste  
4 tbsp salmon caviar or red lumpfish caviar  
12 capers

- 1 Mix crabmeat and sake in a small bowl.
- 2 Cut the whole nori sheet into 8 ribbons and the half sheet into 4 ribbons.
- 3 Using wet hands take a tablespoon amount of rice and shape roughly into the shape of a rectangle. Wrap around one ribbon using a few grains of rice to stick shut. Repeat to make 12.
- 4 Top as follows; 4 caviar topped with a few capers, 4 crabmeat topped with a dot of caviar, 4 crabmeat topped with a dot of wasabi.
- 5 Serve with pickled ginger and soy sauce.

### **Uramaki (inside-out sushi) Makes 20 pieces [4 rolls]**

¾ quantity vinegared rice  
2 sheets nori seaweed  
1 ripe avocado  
1 roasted red pepper  
½ lemon  
4 tbsp black and white sesame seeds  
Pickled ginger, to serve

- 1 Cut the pepper and avocado into 5mm strips. Squeeze lemon juice over the avocado to keep its colour.
- 2 Cover one side of the sushi mat (makisu) with clingfilm.
- 3 Put one sheet of nori onto a dry surface. Using wet hands take 3 tablespoons of rice and spread evenly over the nori spreading right to the edges. Sprinkle with a tablespoon of sesame seeds.
- 4 Turn the nori sheet onto the clingfilm on top of the rolling mat rice side down.
- 5 Arrange the avocado and pepper down the centre of the nori.
- 6 Roll up the sushi roll using the rolling matt. Make sure that the filling remains tucked into the seaweed when rolling.
- 7 Finally, slice the roll every 2cm and place the sushi on a plate to serve. Serve with a pea sized dot of wasabi, a small dish of soy sauce and a few slices of pickled ginger.

### **Temaki (hand rolls) Makes 8 rolls**

¾ quantity vinegared rice  
4 sheets of nori  
125g smoked salmon  
4 spring onions  
6cm piece pickled daikon (takuan)

1 avocado

½ lemon

- 1 Cut the avocado and smoked salmon into 5mm strips. Squeeze lemon over the avocado to keep its colour.
  - 2 Finely slice the spring onion lengthways into 8cm strips.
  - 3 Cut the nori in half crossways.
  - 4 Take a sheet of nori in your hand and add two tablespoons of rice to half of the nori.
  - 5 Choose your fillings and place over the rice from the centre to the corner.
  - 6 Take the bottom corner of the rice and fold to the middle to form a cone.
- Keep rolling until complete and use a few grains of rice on the edge of the nori to keep it shut.