



Japanese Knife Company

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MAKI SUSHI (Rolled sushi)

For 2 as main course or 4 as starter

Ingredients

Rice: 1 cup rice (200cc)

1 1/5 cup water (220cc)

3 Tablespoons rice vinegar

¾ Tablespoon sugar

2 Pinches of salt

Pinch of Ajinomoto (Monosodium Glutamate) – Optional

1" square Kombu (dried kelp) – Optional

Filling:

50gms of sushi quality Tuna

50gms of sushi quality Salmon

1 red pepper

¼ cucumber (~8" long)

½ Tablespoon of wasabi paste

1 Teaspoon sesame seeds

Garnish & Decoration:

Wasabi paste

Soya sauce

Pickled Ginger

Equipment:

Very sharp knife – Vitally important *

Flat chopping board – Wood is best – DO NOT USE GLASS**

Sushi rolling mat

Pan for cooking rice

Spatula

2 or 3 small pans

Wooden Bowl – Very Important***

Method:

In a small pan put 3 Tablespoons of rice vinegar, all the sugar, salt and the Ajinomoto & Kombu (if used) and bring to the boil. Remove immediately from the heat and stir until all the ingredients (except the Kombu) are fully dissolved – set aside.

Wash rice in cold water until water is clear. Leave to soak in clean water for 15 minutes. Then drain thoroughly.

Put the rice and an equal amount of water plus 1/5 into a heavy pan and bring to the boil. Cover pan with a well-fitting lid and continue to simmer for approximately 10 to 15 minutes until the rice is fully cooked. Turn off the heat and leave until any excess water is absorbed. Leave the rice to rest for at least 20 minutes.

Place the rice into the wood bowl and add the rice vinegar mixture having removed the Kombu. Ensure that the mixture is sprinkled evenly over the rice and gently cut and fold with a spatula or wooden spoon until the mixture is blended into the rice. Do not press or squash the rice. Fan the rice during this process, to allow faster cooling, then cover with a damp cloth and set aside to cool.

Whilst the rice is cooling cut nori sheets in half and set aside.

Cut half a cucumber (lengthways) into 2 strips, same with the red pepper, and remove any seeds and soft flesh. Slice the tuna and salmon into thin strips (¼ inches).

Divide the cold rice into 4 equal balls.

Place a pre-cut sheet of nori shiny side down about 2/3 of the way down the rolling mat, place a ball of rice into the centre of the nori sheet and spread evenly leaving about ½ " along the top. Spread a small amount of wasabi along the centre in a straight line and place the filling on top. Using the mat form a tight roll. Repeat with different fillings. Add the sesame seeds to the cucumber centre. Trim ends and cut into 8 even sections. Garnish with pickled ginger, soy sauce, wasabi and decoratively cut cucumber.

* An extremely sharp knife is essential otherwise the Nori will not cut properly and the essence of Japanese food is perfect presentation – our recommended knife is a single sided Yanagiba from the Japanese Knife Company.

** Glass, marble, steel or similar surfaces are TOTALLY UNSUITABLE for any kind of cutting – they will blunt and damage your knives

*** A wooden bowl is important as it absorbs the steam from the hot rice – a glass bowl does not absorb the steam that condenses and adds water to the rice. This results in the rice getting too sticky and difficult to work with.

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