



## • Salmon sushi (maki and nigiri) 3 •

### Kitchenware:

- A makisu (bamboo rolling mat).
- A pot and a lid for the rice.
- A strainer.
- A mixing bowl for the awase su.
- A cutting board.
- A knife for the fish.
- A spoon.
- A fan to chill the rice.

### DESCRIPTION

### Ingredients:

- 250 g. of rice (round grain rice).
- 250 g. of water.
- 45 g. of awase su seasoning.
- 5 sheets of nori seaweed.
- 1 salmon filet.
- 1 avocado.
- 4 surimi sticks.
- Optional: Wasabi.

### Directions:

- First, cook the rice:
  - First, wash the rice in cold water through the strainer 6 - 8 times.
  - Then, add the rice to the pot with the same amount of water.
  - Next, put the lid on the pot and cook the rice 2-3 minutes at medium-high temperature, 15 minutes at low temperature and 10 minutes with the heat off.
- Then, put the rice in the mixing bowl and season with the awase su seasoning.
- Then, chill the rice with the fan.
- Next, peel and cut in slices the avocado and the salmon filet.
- For the makis:
  - First, put the nori over the makisu and spread the rice over it.
  - Next, place the salmon, avocado and/or surimi on the rice and roll it.
  - Finally, cut thick slices of the roll with a wet knife and serve with soy

sauce.

- For the nigiri:
  - First, form rice balls in your hands.
  - Then, cut the salmon in very thin slices and place them over the rice.
  - Finally, serve with some soy sauce/wasabi.

## **SUGGESTIONS**

**PLEASE MAKE AN EFFORT TO KEEP MATERIALS AND WORKING AREAS TIDY AND LEAVE EVERYTHING CLEAN**