

Sushi



Ingredients: Rice

- 500 ml (2 cups) sushi rice
- 500 ml (2 cups) cold water
- 75 ml (1/3 cup) natural rice vinegar
- 10 ml (2 teaspoons) of salt
- 10 ml (2 teaspoons) of sugar

Nigiri sushi:

- 54 g (1 pound) Atlantic salmon
- 454 g (1pound) red tuna
- 454 g (1 pound) super fresh scallops
- 250 ml (1 cup) sushi rice
- 60 ml (1/4 cup) caviar to choice
- Wasabi, soya sauce, pickled ginger

Preparation: Rice

1. Rinse rice gently, drain and repeat four to five times until water becomes clear.
2. Leave the rice in the strainer until it is well drained.
3. Place the rice and the water in the rice cooker. Close the cover and turn the machine on.
4. In a small bowl, mix vinegar, salt and sugar until they have completely dissolved. Set aside.
5. Put the cooked rice in a bowl, ideally in a stainless steel bowl.
6. Add the mix of rice vinegar and stir with a spatula.
7. Mix until the rice has soaked in the rice vinegar.
8. Leave to rest for 5 minutes. Repeat the operation two to three times.
9. Leave it to cool at room temperature. The rice is ready to use to create your sushis.

Preparation: Sushi

1. Cut salmon into pieces of approximately 20 g each in the fat opposite direction.
2. Form a stretched ball with the rice (work with the right hand lightly wet).
3. The quantity of rice should not exceed 15 ml (1 tablespoon) for each sushi.
4. Put the fish slice on the tip of your left hand.
5. Spread wasabi with your right index and deposit on the rice.
6. With your right thumb and major finger fold the salmon edges in order to cover well the rice ball.
7. Garnish with caviar, nori leaf and vegetables.