



SUSHI ROLLS

SHOPPING FOR YOUR CLASS

You can use your preferred selection of fillings and garnishes. We will demonstrate our rolls with tuna, cucumber and avocado, and also prepare a Sriracha Mayo and Chop Chop. We will garnish with tobiko, green onions and black sesame seeds.

When purchasing seafood for sushi, you should ensure that it is sushi grade. We recommend purchasing from a specialty seafood supplier (Ocean Odyssey Inland or Effing Seafood in Edmonton) or from a specialty Asian market such as T&T.

MISE EN PLACE

- **90 minutes before the start of your class, begin to prepare your sushi rice using Kathryn's pre-recorded video.**

SUSHI ROLLS

Recipe by KATHRYN JOEL

Nori sheets – you'll need 8-10 for a single recipe of rice

Sushi rice (recipe below)

Wasabi – either powdered or pre-made paste

Soy Sauce, to serve – choose a Japanese brand such as Kikkoman

Optional: Pickled Ginger, to serve

Fillings (see options below)

Garnishes (see options below)

Equipment: sushi mat, plastic wrap

SUSHI RICE *(allow 1 ½ hours to prepare the rice)*

(make enough rice for 8-10 rolls)

Recipe adapted from Silla Bjerrum

500g sushi rice (we use Kokuho Rose)

550 ml / g water (110% weight of water to rice)

65 ml seasoned sushi vinegar (Japanese Seasoned Rice Vinegar)

- Place the rice in a large bowl and wash it 5 times, filling the bowl with water each time, then stirring the rice with your hand and pouring off the water before refilling.
- Wash the rice another 5 times, this time tipping the rice into a sieve each time you pour out the water. (Return the rice to the bowl and add water and stir for each wash, as in the first step).
- After the 10th wash, leave the rice to dry in the sieve for 30 minutes.
- Put the dried rice in a rice cooker or a pan, and add the 110% volume of water. Don't add salt!
- Cook for 17 minutes, then leave to steam for another 17 minutes. (If you're using a saucepan, bring the water to a boil, then cover and reduce to a gentle simmer for 17 minutes before turning off the heat. Steam without removing the lid for another 17 minutes.)
- Now transfer the rice to a tray and leave to cool for 10 minutes.
- Position a fan over the tray so that it blows cold air directly onto the rice then sprinkle the vinegar over the rice and begin to cut it into the rice, using a spatula.
- Leave to cool under the fan for another 10 minutes.
- The rice can be held at room temperature for up to 4 hours, but don't refrigerate it!

FILLINGS & GARNISHES *(choose your preferred fillings and garnishes)*

Fillings

- *Sushi Grade fish (ahi tuna, salmon, scallops, smoked salmon, barbecued eel, ebi*)
- *Chop Chop*
- *Tobiko (flying fish eggs)*
- *Asparagus, woody base removed (this is done by holding either end of the asparagus and bending it until the end snaps off) blanched] in boiling water until just al dente then refreshed in an ice water bath*
- *Cucumber, sliced into strips length of the longer side of a nori sheet*
- *Avocado, sliced lengthwise into thin strips*

- *Green Onion, sliced*
- *Peppers, sliced lengthwise into thin strips*
- *Pea Shoots*
- *Arugula*

Garnishes

Sesame seeds (black or white)

Tobiko (flying fish eggs)

Green Onions

Flavoured Mayonnaise (we use Kewpie Japanese Mayonnaise)

Microgreens

To Serve

Wasabi

Soy Sauce

Sushi Ginger

CHOP CHOP *(optional filling)*

Sushi grade scallops, chopped

Sriracha Mayonnaise, recipe below

- Combine the chopped scallops with spicy mayonnaise, to bind.
- Use to fill rolls.
- Combine with ingredients of your choice (cucumber, green onion, pea shoots, arugula)

Sriracha Mayonnaise

Kewpie Japanese mayonnaise

Sriracha sauce, to taste

Lime or lemon juice, to taste

Shichimi togarashi spice blend (optional)

Salt to taste

- In a bowl, combine mayonnaise with sriracha, citrus juice, togarashi and salt, to taste.

GREEN CABBAGE SALAD WITH CARROT GINGER VINAIGRETTE

3/4 lb green cabbage

1/2 cup rice vinegar

2 tbsp soy sauce
1 tbsp sugar
1 tsp grated fresh ginger
1 tbsp sesame oil
1 medium carrot, peeled & grated
1/4 cup thinly sliced onion

- Core the cabbage and slice as thinly as possible.
- Fill a large bowl with cold water and soak the cabbage for 5 minutes to crisp it.
- Add the vinegar, soy sauce, sugar, ginger, sesame oil, carrot, and onion to a blender.
- Cover and pulse on high speed until smooth.
- Drain the cabbage in a colander, shaking out as much water as possible.
- Toss the cabbage with the dressing, and serve.

SPICED EDAMAME

Recipe by KATHRYN JOEL

1 lb frozen edamame, in their shells
1 tbsp peanut oil, or use grapeseed or canola for a neutral flavour
1 tsp sesame oil
1 clove garlic, finely chopped
dash of chili oil, or use chili garlic paste or sambal
1 tbsp black sesame seeds
kosher or salt, to taste
maldon sea salt, to finish (optional)

- Cook the edamame in a pot of salted boiling water, for 3-5 minutes, until bright green and heated through. Drain.
- Meanwhile heat the oil in a pan over a medium heat, adding the garlic for a few seconds until fragrant.
- Add the chili oil or chili garlic paste and the cooked edamame. Stir fry briefly.
- Turn off the heat and add the sesame oil, black sesame seeds and salt, stirring to combine. Finish with maldon sea salt (optional).

EQUIPMENT

Rice cooker, or saucepan with a tight-fitting lid
Large sieve for washing rice
Deep, wide surfaced pan for cooling and seasoning your rice
Fan for cooling your rice
Bamboo sushi rolling mat

Plastic wrap
Cutting board and knives
Bowls
Measuring cups
Box grater for salad dressing
Pot for edamame
Wok or sauté pan for edamame