



## Ebi Abokado-Zushi – Prawn & Avocado Sushi

By Virginia Lee-Laurie

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### Ingredients:

4 sheets Yaki-nori (toasted seaweed)	1 tsp wasabi paste
2 ripe avocado, sliced into strips	1 tsp black sesame seeds
12 cooked prawns, peeled & deveined	2 cups prepared Sumeshi (sushi rice)
1 cucumber, sliced into 6cm long strips	

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### Method:

Place a sheet of nori, shiny-side down, on a bamboo rolling mat. Spread the nori evenly with ½ cup of sumeshi, leaving about 2cms clear at the edge furthest away from you. Swipe a small amount of wasabi along the centre of the rice. Place 3 prawns, slices of cucumber and avocado across the rice so that the filling extends to both ends and sprinkle with black sesame seeds.

Starting with the edge closest to you, pick up the mat using your thumb and index fingers of both hands. Use your remaining fingers to hold the filling in place as you being to roll the mat away from you. Roll forward pressing firmly. When almost rolled up, dab the clear 2cm edge of nori with water to help it stick and continue wrapping seaweed completely around the rice. Unroll the sushi and cut each roll into 8 pieces using a very sharp knife, wiping the knife between slices.

Repeat the process with the remaining ingredients. Serve with pickled ginger and sushi dipping sauce.

### Filling Variations:

Cooked crab, avocado, salmon roe, shredded lettuce and mayonnaise.

Sashimi-grade raw tuna, cucumber, green onion, omelette strips and wasabi.



*Second Saturday every month in Lt Malop Street Central*



## Sumeshi – Sushi Rice

By Virginia Lee-Laurie

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### Ingredients:

3 cups (600gm) Koshihikari or Nishiki rice (or alternative short-grain white rice)	½ cup (125ml) rice vinegar
3 cups (750ml) water	¼ cup (55g) sugar
	½ tsp salt

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### Method:

Wash rice well by placing it in a large bowl and filling it with water. Stir well with your hand and pour off water. Repeat 3-4 times until the water runs clear. Place rice in a colander and drain for at least 30 minutes.

**Preparing rice in an electric rice cooker** - Place drained rice and the water in the rice cooker, cover and cook. When cooked, allow the rice to sit in the cooker for 10 minutes on the keep warm setting.

**Preparing rice on the stovetop** – Place drained rice and water in a medium saucepan, cover and bring to the boil. Reduce heat and simmer for 12 minutes or until all the water is absorbed. Remove from the heat and let stand for 10 minutes.

Prepare sushi vinegar by combining vinegar, sugar and salt in a saucepan. Heat gently until sugar and salt dissolves. Keep warm.

Spread the rice in a large, non-metallic flat-bottomed bowl or tub (preferably wood or bamboo – hangiri). Using a rice paddle or spatula, repeatedly slice through the rice on an angle to separate the grains and lumps, gradually adding the vinegar at the same time. Depending on the rice used, you may not require all the vinegar. Just make sure the rice does not become too wet or mushy.

Continue slicing the rice, (not stirring as it crushes the grains) to distribute the vinegar and cool the rice. Using the other hand, fan the rice until it's almost cool or use a low electric fan. This should take about 5 minutes. Do not completely cool the rice or refrigerate it as it will become hard. Cover the rice with a damp cloth to keep it from drying out while making your sushi. Sushi rice does not keep well and should be discarded after one day. This quantity makes 9 cups of sushi rice.



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