

Sushi at Home



Recipe by Amber

Penney Farms Princess

INGREDIENTS

Sushi Rice
Rice Wine Vinegar
Nori Seaweed Sheets
Bamboo Sushi Mat
Plastic Wrap
Bowl of Water
Sharp Knife

FILLING IDEAS

Crab Sticks
Tuna
Shrimp
Cucumber, julienne
Carrots, julienne
Avocado, thinly sliced
Cream Cheese
Asparagus

TOPPING IDEAS

Soy Sauce
Shrimp Sauce
Fish Roe
Sesame Seeds
Pickled Ginger
Wasabi Paste

INSTRUCTIONS

- cook sushi rice according to package directions OR purchase sushi rice from a local restaurant
- wrap the bamboo sushi mat in plastic wrap
- prep all of your ingredients
 - fill a large bowl with water (This is to dip your hands in when handling the sticky rice so it doesn't stick to your fingers.)
 - slice the veggies
 - cut the seafood into smaller portions
 - slice the cream cheese into long strips
 - set out your toppings & nori sheets
- set everything up in an assembly line

If you want seaweed on the outside of your roll, lay that down on the mat first. If you want rice on the outside of your roll, then lay that down first. When adding the rice, try to add it in a thin, square layer, not too thick, and spread it out GENTLY with your damp hands. Be careful not to mash it down too hard, or you'll end up with a rice paste.

For the ingredients, add whatever you like! This is your sushi! Have fun with it! Try to limit the amount of your fillings, however, or you'll end up with a roll that's too large to roll up tightly. Less is more here. Line up your filling on the side of the mat closest to you in a long straight line.

Now, we roll. Using both hands, start to roll up the sushi mat from the side closest to you with the ingredients. Try to keep everything as tightly packed in as possible, pinching everything together with your fingers as you go. Once the mat has rolled around the ingredients once, start to peel back the bamboo mat, while continuing to roll forward and keep everything tightly packed.

Once your roll is all rolled up you can top it however you like. Then, wet your knife, and carefully cut your sushi roll into bite size pieces.

Add any finishing garnishes you like, then serve & enjoy!