

## FROM THE AUTHOR:

As a novice in making sushi, I've experienced it's nice to have the steps laid out for you every time. Each attempt at making sushi could go differently, some awful, some excellent, and so good luck!

- Hannah Kohr



# HOW TO MAKE SUSHI

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*\*Results may vary\**

## Overview

Sushi is almost as fun (and complicated) to make as it is to eat. To roll your own sushi at home, you'll need several sheets of nori (dried seaweed), a batch of sticky sushi rice, and some fresh fish or other fillings of choice. Spread the cooked rice in a thin layer over the nori, leaving room for your ingredients. Then add everything you want, roll it all up using your makisu (a type of flexible bamboo mat) as a guide, and slice it into bite-sized pieces!



## GETTING STARTED...

### Ingredients

- **1 cup** (190 g) sushi rice (glutinous rice)
- **2.5 tablespoons** (37 mL) rice vinegar
- **1/2 tablespoon** granulated white sugar
- **1/2 teaspoon** salt
- **1.25 cups** (300 mL) water
- **1 sheet** nori (dried seaweed)
- **1–2 ounces** (28–57 g) cucumber, avocado, daikon radish sprouts, or other assorted vegetables
- **1–2 ounces** (28–57 g) fresh sushi-grade fish (tuna, salmon, yellowtail, etc.)<sup>[1]</sup>
- Toasted sesame seeds (for uramaki-style rolls).

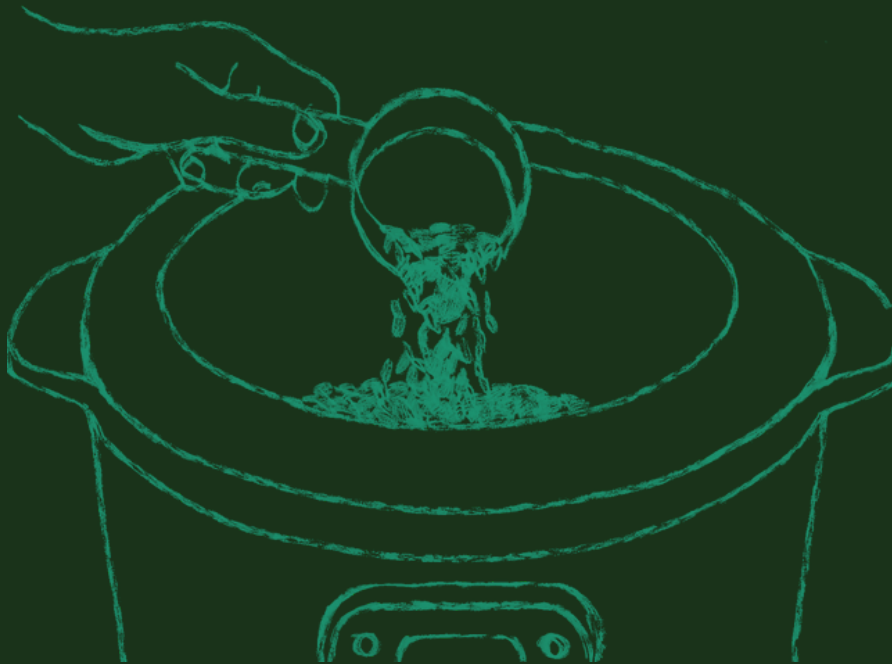
*\*makes 1-2 servings\**



## STEP 1: PREPARE THE RICE

### Cook a batch of sushi rice (rice cooker recommended)

Combine sushi rice and water in your rice cooker. Stir the ingredients until they're thoroughly mixed, then close the lid and hit the start button. It should only take about **15-20 minutes** for your rice to finish cooking.



### Heat vinegar, sugar, and salt together in a small saucepan

Add rice vinegar, granulated white sugar, and salt to a saucepan and place it on the stove over low heat. Warm the mixture for **2-3 minutes**, stirring it occasionally to prevent it from scorching.

### Add your seasoning mixture to the cooked rice and let it cool.

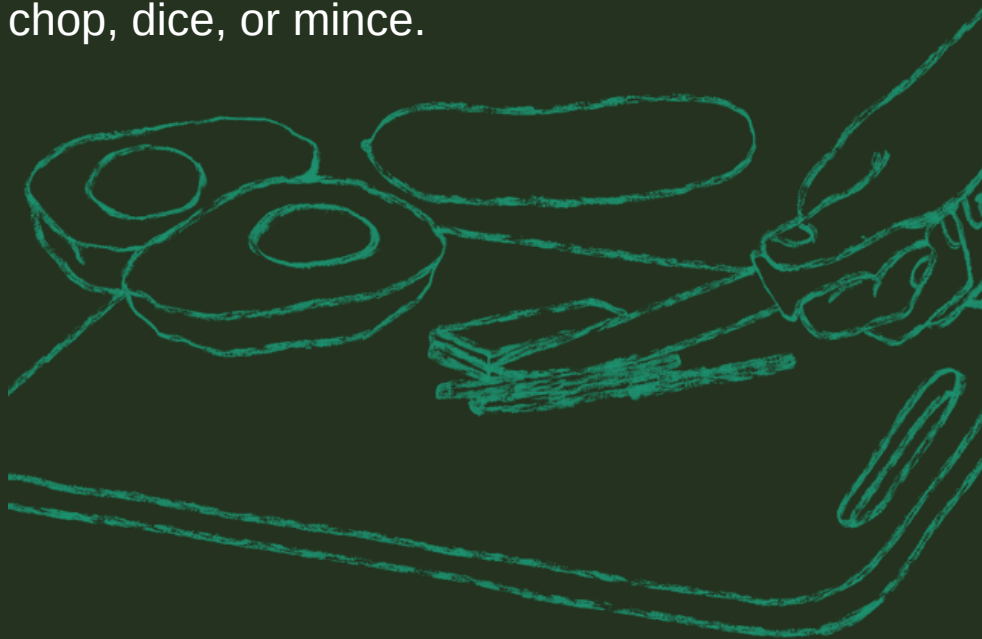
Drizzle the mixture over your freshly-cooked rice while it's still warm. Stir the rice thoroughly for **1-2 minutes** to ensure that the seasoning mixture is fully incorporated throughout. When you're done, leave your rice out on the countertop to cool at room temperature.

- The addition of the seasoning mixture will both flavor your rice and give it the perfect sticky texture for rolling.

## STEP 2: ASSEMBLING YOUR ROLL

### Cut your filling ingredients into small pieces.

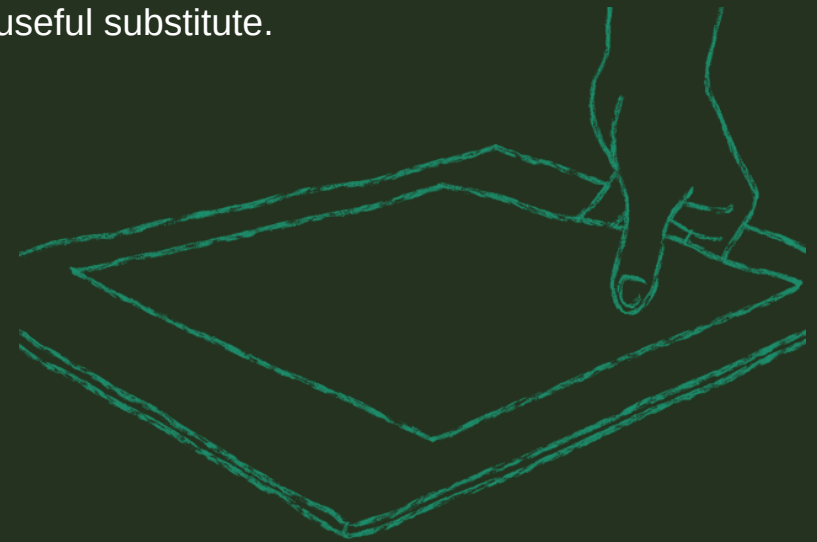
Slice veggies like cucumber and avocado into thin slivers to make sure they'll fit in your roll comfortably. If you want to incorporate fresh fish, shrimp, eel, or any other type of seafood, you can either cut it into strips or opt for a finer chop, dice, or mince.



### Place a sheet of nori on your rolling mat with the shiny side down.

The nori is an essential component of any sushi roll—it serves as the base and wrapper for your roll. Nori is delicate, so handle it gently.

- If you don't own a sushi rolling mat, a kitchen towel topped with a sheet of plastic wrap can serve as a useful substitute.



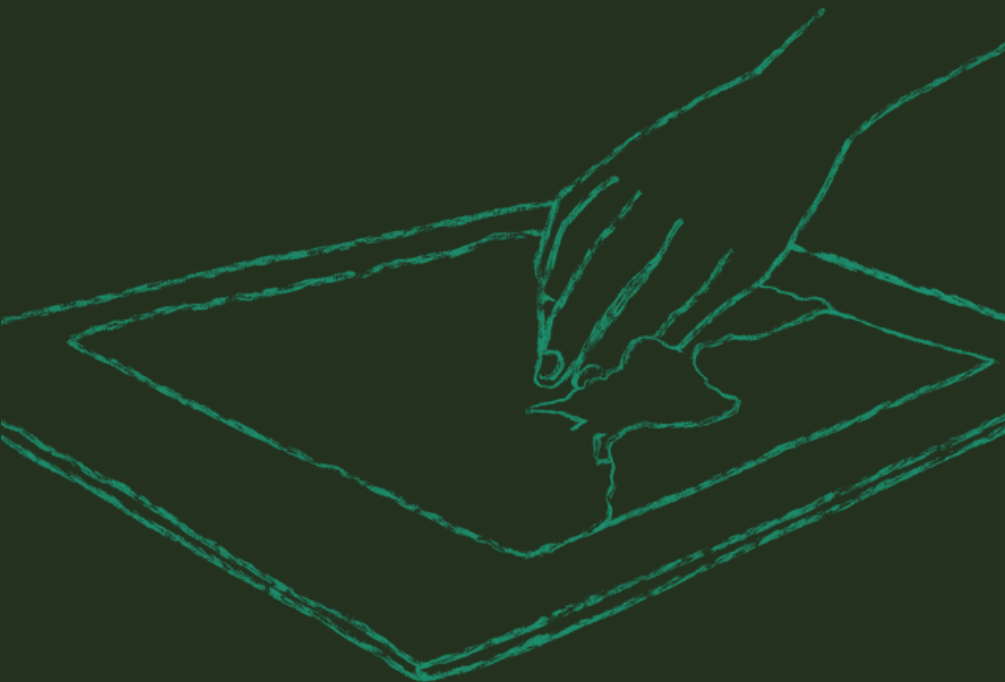
### Wet your fingers to keep the rice from sticking to them as you work.

Hold your hands under a stream of cool water, then shake off the excess moisture. It may also be a good idea to keep a bowl of clean water next to your work area.

## Spread a thin layer of sushi rice onto the sheet of nori.

Grab  $\frac{3}{4}$ -1 cup of rice and place it in the center of the sheet. Pat the rice down gently with the flat of your fingers until it's evenly distributed over the surface of the nori. Leave about 1 inch of empty space at the top of the nori—this will allow it to close once it's been rolled.

- After your first few attempts, you'll start to get a sense of how much rice to use.



## Add roughly 2 ounces of filling ingredients to the rice.

Take about  $\frac{1}{3}$  of a cup of sliced veggies, fish, and other ingredients of choice and arrange them in a line in the depression you made along the lower part of the rice.

- A classic California roll, for example, contains kanikama (imitation crab meat), avocado, and cucumber.
- Other sushi staples include the Philly roll, which consists of salmon and cream cheese, and the spider roll, which is made with soft-shell crab meat, cucumber, avocado, and spicy mayo.
- To make uramaki-style rolls with the rice on the outside, simply turn the nori over after spreading on the rice and add your ingredients the same way.

## STEP 3: ROLLING AND CUTTING YOUR SUSHI

**Roll the sushi up from the bottom using your mat as a guide.**

Slide your thumbs under the lower edge of your mat and gently lift it up and forward to fold the bottom of the nori over on itself. Once you've done this, continue pulling the mat forward slowly, applying light pressure to help mold the roll until it closes.

- Be careful not to roll your mat or towel up in your sushi by mistake!



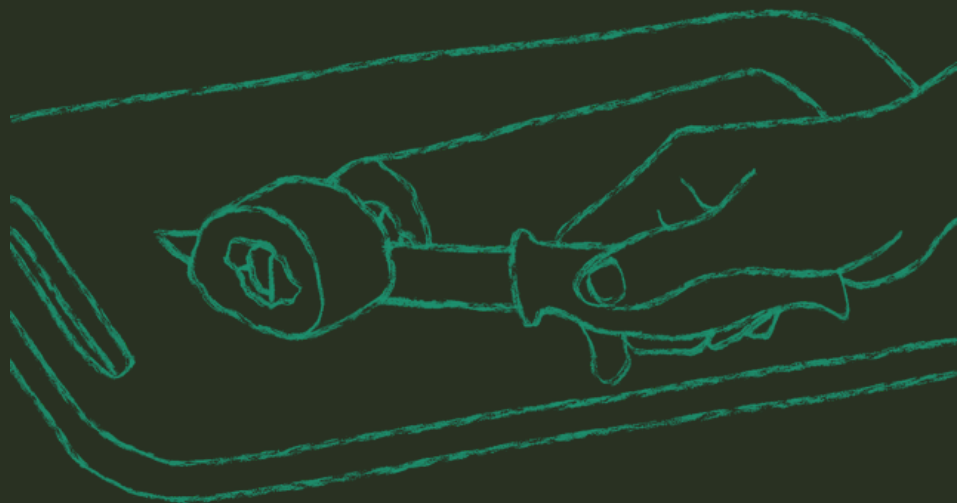
**Wet a sharp knife with cool water.**

Just like you wet your fingers before building your roll, it's important to wet your knife before you cut it. Dip the blade of your knife into a container of water, or run it under the tap from tip to handle. A dry blade is more likely to mangle than make a clean cut. The last thing you want is to make a mess of your roll after spending so much time getting it just right!

- Assuming you can't get your hands on a special sushi knife, an ordinary paring knife should work just fine, as long as it's recently been sharpened.
- Wet the knife from time to time, to keep it from sticking.

## Cut your roll into 1–2 in (2.5–5.1 cm) pieces.

For standard *hosomaki* rolls, each piece should be about **1 in** wide. *Chumaki* rolls can be slightly bigger at around 1.5 inches, while *futomaki* (the largest type of hand-rolled sushi) pieces may be up to 2–2.5 inches wide.



## Serve your roll with other toppings and condiments of your choosing.

You might slice your leftover fish into strips and place a strip over each piece, or do the same with fresh avocado. If you want to get really fancy, you might even drizzle it with a little spicy mayo or pile on diced scallions.

- For the full sushi bar experience, plate your roll with a dollop of wasabi, a few slices of pickled ginger, and a dish of soy sauce.