



Sushi

Season: All

Serves: 30 tastes in the classroom or 6 at home

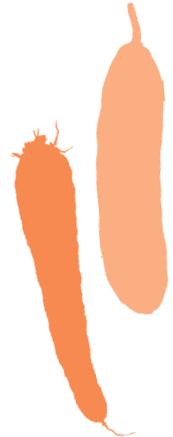
Fresh from the garden: avocado (if available), carrot, cucumber

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
colander
medium saucepan and lid
bowls – 1 large, 2 small
mixing spoon
bamboo mat or non-stick
baking paper
serving platters

Ingredients:

1 cup sushi or short-grain rice
2 cups water
1 tbsp castor sugar
1 tbsp rice vinegar
 $\frac{3}{4}$ tsp salt
1 carrot, julienned
1 small cucumber, julienned
1 avocado (optional), sliced into batons
4 nori sheets



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Rinse the rice under running water and drain well.
3. Place rice and water in the saucepan and bring to the boil.
4. Reduce heat to low and simmer, uncovered, for 12–15 minutes, stirring occasionally, until all the water has been absorbed.
5. Remove from the heat and let stand, covered, for a further 10 minutes.
6. Place the cooked rice in the large bowl and allow to cool (it must not be warm).
7. Combine sugar, vinegar and salt in the small bowl, then stir the mixture into the rice.
8. Place one nori sheet, shiny-side down, on a bamboo mat (or baking paper). Make sure the longest edge of the nori is at the top of the mat.
9. Dip your hands into a small bowl of water (to prevent sticky fingers).
10. Spread a quarter of the rice over the bottom two-thirds of the nori sheet, leaving a small border around the edge.
11. Fill the centre with a row of carrot, cucumber and avocado.
12. Gently lift the end of the mat closest to you and roll it over the ingredients to enclose.
13. Continue rolling the mat forward to make a complete roll. With one hand on top, gently roll the mat back and forth a few times to make a nice round log.
14. Remove from the mat and use a sharp knife to slice the rolls at 1 cm intervals.
15. Serve with soy sauce, pickled ginger and wasabi, if using.