

CRUNCH TIME

Sushi



Serve Information: 1 Plate With 6 Oshizushi And 6 Nigiri

INGREDIENTS – FOCACCIA TOAST:

100g Sushi rice, cooked
40g Smoked salmon
1/4 Avocado
1/2 Nori seaweed sheet
2 Chives
20ml Soy sauce in dipping bowl
Bowl of water

Method:

1. To make Oshizushi, cut smoked salmon and avocado into 6 pieces
2. Using scissors, cut seaweed sheet into 6 strips
3. Wet the rice cube. Open lid of rice cube and move out to start position. Fill with rice and one piece of smoked salmon and one piece of avocado. Close lid and compress. Lift lid and slide back to start. Close lid and slide up
4. Remove pressed sushi and roll in seaweed strip. Wet the end of seaweed to help stick
5. Repeat process to make 6 Oshizushi altogether
6. Place Oshizushi on a plate and, using scissors, garnish with chopped chives



INGREDIENTS – NIGIRI:

100g sushi rice, cooked
3 cooked prawns with shell on
40g fresh sashimi salmon
2 tsp wasabi

Method:

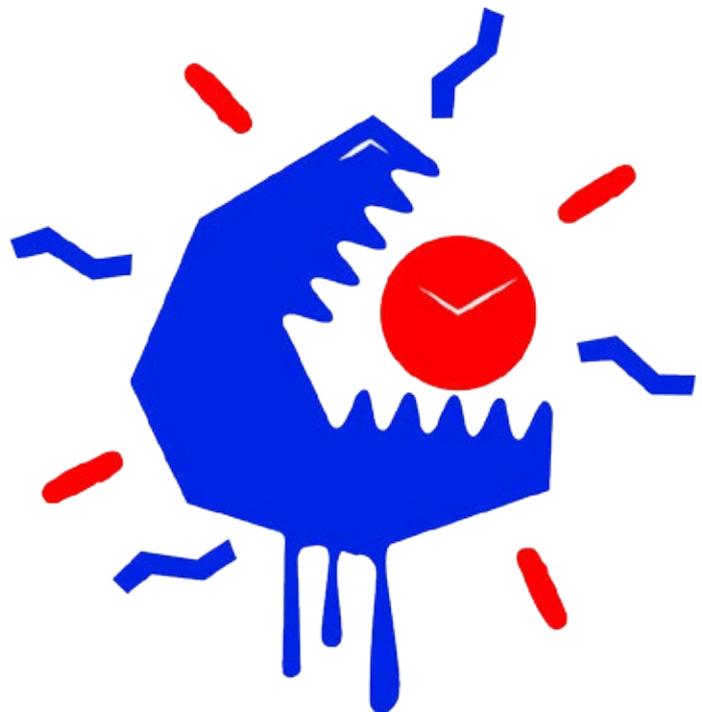
1. To make the Nigiri, peel the prawn, keeping tails intact
2. Cut 1cm off where the head used to be. Cut the prawn down the belly side and open up like a butterfly. Do not cut all the way through the prawn
3. Slice the fresh salmon into three long strips
4. Wet your hands and pick up some cooked sushi rice and softly form it in to an oblong shape
5. Pick up the prawn butterfly and add a small amount of wasabi to the underneath side
6. Add the rice on top of the wasabi and press down. Flip over the rice and prawn and firm up the edges
7. Repeat process forming the rice into an oblong shape. Pick up the fresh salmon and add a small amount of wasabi
8. Add the rice on top of the wasabi and press down. Flip over the rice and salmon and firm up the edges
9. Place the Nigiri on the plate next to the Oshizushi. Place soy sauce on side of plate for dipping

EQUIPMENT:

2 chopping boards
2 sharp knives
Scissors
Rice Cube (Chantal to supply if not still available from Kitchen Whiz series 5)
Bowl of water
Serving plate
Teaspoon

ADDITIONAL NOTES:

Cook sushi rice



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