

EASY SUSHI ROLL

Ingredients:

- rice (medium grain or sushi rice) 3 cups
- water 3.6 cups
- dry seaweed cut in quarters 6 sheets
- 3 eggs
- sugar 10g
- soy sauce
- canned tuna in brine
- mayonnaise
- prawn 10
- vinegar 100ml
- sugar 65g
- salt 20g
- smoked salmon
- salmon fish roe
- crab sticks
- chicken fillet or thigh (cooked in teriyaki sauce)
- avocado
- cucumber
- white radish sprouts
- shiso (perilla) leaves



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- (1) Wash rice - place rice in a bowl and add water. Stir once and drain, leaving just a little water. Rub the grains together several times with the palms of your hands gently as if you were polishing them. Add more water and drain. Add measured water and leave for 30 minutes.
- (2) Put rice and water in a pot and bring to a boil. Reduce the heat to low and cook for 15 minutes. Turn off the heat and let it rest for 15 minutes with a lid on.
- (3) Prepare the filling
 - mix together eggs, sugar and salt to make egg omelette
 - combine a can of tuna with mayonnaise. Season with salt and pepper

Japanese cooking demonstration 26/3/2013

- remove heads of prawn. (keep them for miso soup) Put skewers through prawns and cook in salted water.
 - cut seaweed sheets in four
 - cut the rest of ingredients
- (4) Put vinegar, sugar and salt in a small sauce pan and warm it until combined
- (5) Put the freshly cooked rice in a large bowl. Pour over the vinegar mixture and quickly mix into rice and let it cool.
- (6) Arrange all the filling (examples above) on a large plate. Serve with seaweed and sushi rice.

To eat: spread sushi rice on a sheet of seaweed, place fillings of your choice on top of the rice. Hand roll to eat.

(Serves 4)

MISO SOUP (with prawn dashi)

Ingredients:

- 10 prawn heads
- water 1000 ml / 1 litre
- cooking sake 100 ml
- miso paste 100g (20g per 200ml)
- filling (e.g. tofu, spinach, shallots)



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- (1) Cook prawn heads on dry frying pan until crisp or cook in 220 degree oven for 15 minutes.
- (2) Put cold water in a saucepan and add the prawn heads, sake and bring to a boil. Simmer until the liquid is reduced to half. Strain the stock with a paper towel.
- (3) Dissolve miso paste into the stock.
- (4) Add cut up tofu, spinach leaves and chopped shallots.

(Serves 4)

ALL-PURPOSE CHICKEN MISO PASTE

Ingredients:

- red miso 300g
- chicken mince 100g
- cooking sake 6 tbs
- mirin 90ml
- sugar 150g
- egg yolk 2



- (1) Mix chicken mince with 4 table spoons of sake. Transfer to a saucepan and cook on low heat and put it aside.
- (2) Place Red miso in a sauce pan. Mix egg yolk, remaining sake, mirin and sugar in a separate bowl. Gradually add to the red miso paste to combine.
- (3) Cook the miso mixture in a saucepan and bring to a boil, stirring continuously. Reduce heat for 10 minutes. Add chicken mince paste.

*Chicken mince can be replaced with walnuts

(Serves 4)

SALMON TERIYAKI

Ingredients:

- salmon stakes 4 pieces (80g each)
- cooking sake 200ml
- mirin 110ml
- soy sauce 50ml
- unsalted butter 15g
- salt
- plain flour
- broccoli
- carrot
- water cress



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- (1) Sprinkle salt on salmon pieces and let it rest for 30 minutes
- (2) Combine sake, mirin and soysauce
- (3) Heat the frying pan with oil
- (4) Dust flour on salmon and lightly fry on both sides
- (5) Pour the sauce mixture (2) and butter over the fish. Simmer until the sauce is thickened
- (6) Steam broccoli and carrot
- (7) Place salmon on plates and serve with cooked vegetables and water cress

(Serves 4)