

SALMON AND AVOCADO NORI

EQUIPMENT

CHEF KNIFE, BREAD KNIFE, BAMBOO ROLLING MAT, FOIL, MIXING BOWLS, SCALES, SMALL SAUCE PAN, RUBBER SPATULA

INGREDIENTS

200GM SALMON FILLET, KEWPIE MAYONNAISE, PREPARED WASABI, 400GM SUSHI RICE, 460GM WATER, 80GM RICE VINEGAR, 60GM CASTER SUGAR, 100GM WATER, 1 AVOCADO, 1 PACKET NORI SHEETS, SALT

METHOD

WASH RICE WELL UNDER COLD RUNNING WATER UNTIL THE WATER RUNS CLEAR, MAKE SURE IT'S REALLY CLEAR

PLACE THE RICE IN A SHALLOW TRAY ALONG WITH 460GM OF COLD WATER, COVER THE TRAY TIGHTLY WITH FOIL AND PLACE INTO THE OVEN STEAM SETTING 100 DEGREES FOR 23 MINS

IN THE SAUCEPAN PLACE THE REMAINING WATER AND CASTER SUGAR PLACE OVER A MEDIUM/HIGH HEAT AND BRING TO THE BOIL, REDUCE FOR 2 MINS AND REMOVE, ONCE REMOVED POUR IN THE RICE VINEGAR AND SET ASIDE TO COOL

SLICE THE SALMON INTO STRIPS ABOUT 10CM LONG AND 1-2 CM WIDE AND SET ASIDE

SCOOP OUT HALF OF THE AVOCADO IN ONE WHOLE PIECE WITH A LARGE KITCHEN SPOON AND SLICE INTO STRIPS ALSO AND SET ASIDE

ONCE THE RICE HAS COOKED REMOVE IT FROM THE OVEN AND PLACE IT IN A LARGE MIXING BOWL, SEASON THE RICE WITH SALT AND POUR OVER APPROX HALF OF YOUR SUGAR AND VINEGAR LIQUID

FOLD THE LIQUID THROUGH UNTIL ABSORBED BY THE RICE, TASTE THE RICE IT SHOULD HAVE A LITTLE SWEET SHARPNESS IF NOT ADD A LITTLE MORE VINEGAR SOLUTION AND SALT, FOLD THROUGH AGAIN

PLACE THE RICE ON A FLAT TRAY AND IF POSSIBLE FAN THE RICE TO COOL IT QUICKLY

ONCE COOL PLACE THE BAMBOO MAT ON THE BENCH THEN A NORI SHEET ON TOP (SHINY SIDE DOWN)

FILL A MIXING BOWL WITH SOME COLD WATER AND DIP YOUR HANDS IN, SPOON OVER ABOUT $\frac{1}{4}$ OF YOUR RICE MIX AND WITH DAMP HANDS PRESS DOWN THE RICE TO COVER A LITTLE MORE THAN $\frac{3}{4}$ OF THE NORI SHEET, MAKE THE RICE ABOUT $\frac{1}{2}$ A CM THICK ALL OVER

SQUEEZE OUT A LITTLE WASABI PASTE AND WITH YOUR FINGER RUN A SCANT SMEAR OF WASABI OVER THE MIDDLE OF YOUR RICE

FOLLOW THAT BY A SQUEEZE OF MAYONNAISE OVER THE WASABI, PLACE THE SALMON STRIPS OVER THE MAYONNAISE RUNNING THE LENGTH OF YOUR NORI SHEET (TWO STRIPS SLIGHTLY OVERLAPPING IS FINE)

NEXT TO THE SALMON REPEAT WITH THE AVOCADO RUNNING THE LENGTH OF THE NORI

SLIGHTLY DAMP THE EXPOSED NORI AT THE END WHERE THERE IS NO RICE AND USING THE BAMBOO MAT CAREFULLY ROLL THE NORI UP GENTLY SQUEEZING THE BAMBOO AS YOU GO TO ENSURE A TIGHT ROLL

REMOVE THE ROLL FROM THE BAMBOO AND SET ASIDE AND CONTINUE WITH THE REMAINING INGREDIENTS

USING A BREAD KNIFE CAREFULLY CUT THE ENDS OFF THE NORI AND CUT IT INTO BITE SIZE PIECES

PLACE ON A SERVING PLATTER WITH SOME SOY, EXTRA WASABI MAYONNAISE AND PICKLED GINGER

...CONT'D...

HINTS & TIPS

- THE MOST IMPORTANT STEPS FOR THIS RECIPE ARE TO ENSURE YOUR RICE IS VERY CLEAN, SUPER CLEAN AND THE TASTE OF THE RICE ONCE YOU HAVE ADDED THE VINEGAR SOLUTION, YOU WANT TO TASTE THE VINEGAR, SUGAR AND SALT BUT ONLY JUST
- IF RAW FISH IS NOT YOUR THING SUBSTITUTE IT FOR A CAN OF TUNA, DRAIN THE TUNA WELL AND MAKE A THICK MIX WITH THE TUNA AND MAYONNAISE
- WASABI AND KEWPIE MAYONNAISE AND ALL THE OTHER INGREDIENTS ARE READILY FOUND IN MOST SUPERMARKETS NOW BUT IF YOU STRUGGLE TO FIND THEM YOUR LOCAL ASIAN GROCER SHOULD BE ABLE TO HELP YOU OUT