



Temari zushi

Plastic wrap

1-1.5 oz. sushi rice/ball

Central ingredient of your choosing (salmon, avocado, cucumber, etc.)





Maki zushi



- Bamboo roller
- Nori (dried seaweed)
- Sesame seeds
- Central ingredient of your choosing (salmon, avocado, cucumber, etc.)
- Sushi rice (3 oz. if rice will be on the outside of the roll; 2 oz. if the rice will be on the inside)
- Wasabi



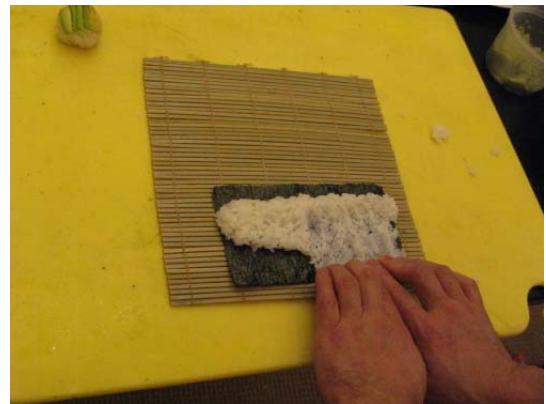
1. Place the nori (rough side up) on the bamboo roller.



2. Place about 2 oz. rice on the nori.



3. With slightly wet hands, spread the rice.



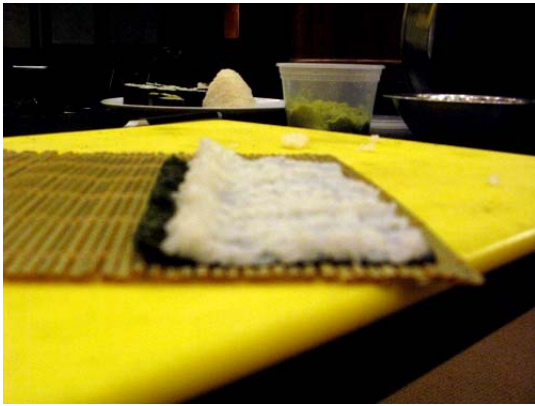
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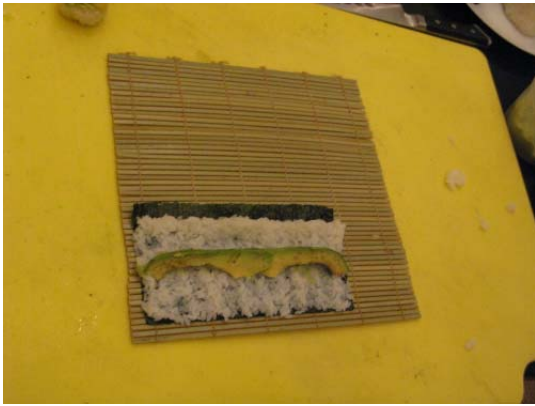
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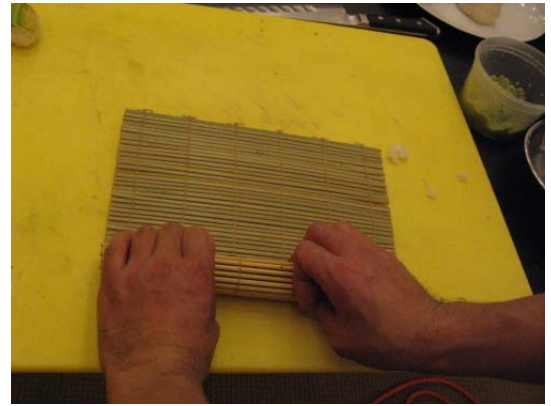
7. Make sure to leave the edge free of rice.



8. Spread a thin layer of wasabi and/or sesame seeds (optional).



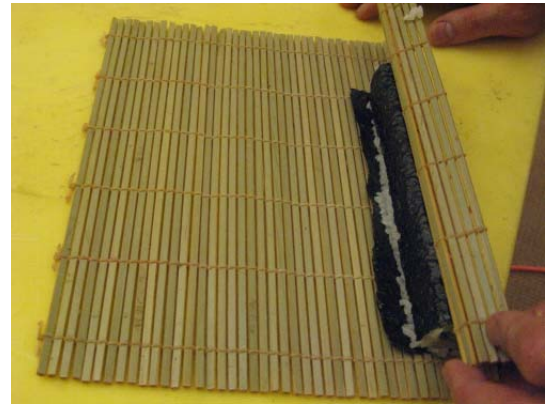
9. Place ingredients of your choosing in the center.



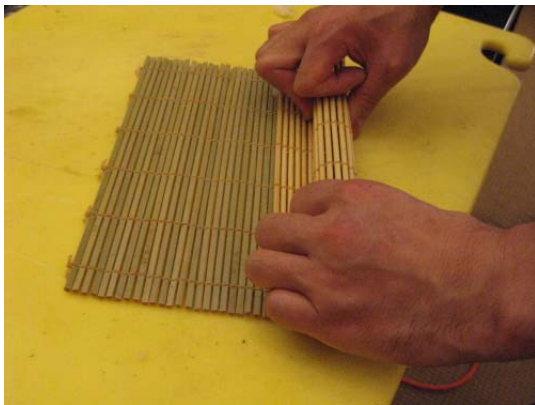
10. Carefully roll the sushi.



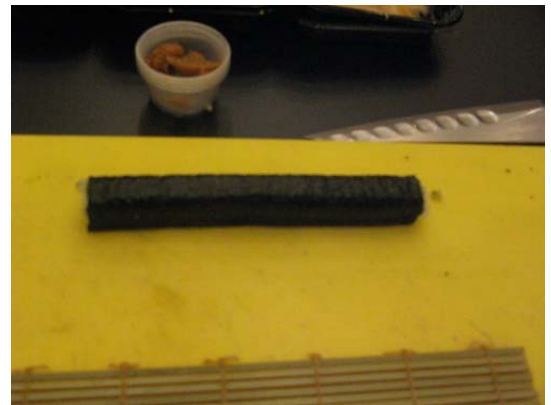
11.



12. A thin layer of water can be used to help the edge stick.



13.



14.



Temaki zushi (hand roll sushi)

Nori (dried seaweed)

Central ingredient of your choosing (salmon, avocado, cucumber, etc.)

2 oz. sushi rice/roll



1. Put the rice on the nori at a 45 degree angle.



2. Make an indent in the middle.



3. Place your desired ingredient(s).



4. Start to roll the nori.



5. Make sure the left edge of the nori is at a 90 degree angle to the remainder.



6. Continue to roll.



7.



8. Put a few grains of rice in the corner as paste.



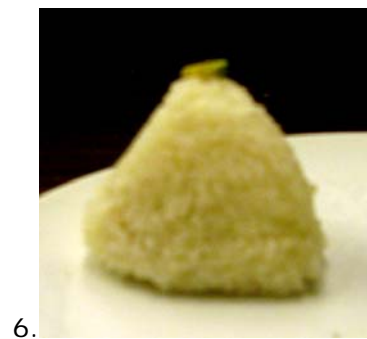
9. Complete the roll and firmly press the corner with the rice.

Onigiri (rice balls)

Central ingredient of your choosing (salmon, avocado, cucumber, etc.)

Sushi rice

Salt





Japanese-style Salad Dressing

200 cc olive oil
40 cc sesame oil

80 cc rice vinegar
80 cc soy sauce

10 g ginger
30 g onion
10 g sugar
5 g sesame seeds

Blend everything, but always put oil last because of emulsion process.

Sushi Vinegar

Rice: 180 cc X3
Water: 180 cc X3
Rice vinegar or grain vinegar: 60-75 cc
Sugar: 30-45 g
Salt: 10-15 g

1. Put all ingredients into a pan.
2. Heat on low until sugar and salt dissolve.
3. Let it cool.

You can also double or triple the recipe. It keeps in the refrigerator for a long time. This can be used for a dressing base as well.

Sushi Rice

1. Cook rice.
2. Put cooked rice into a big bowl.
3. Sprinkle sushi vinegar all over the rice.
4. Mix rice piece by piece like slicing until mixed with vinegar evenly.