



BEAVER CREEK SUMMER CULINARY DEMO SERIES

SUSHI 101
Saturday, June 27th, 2009

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SPICY TUNA ROLL

SPICY TUNA, CUCUMBER, AVOCADO, YAMA GOBO, SPROUT & SESAME SEEDS

Sushi Rice

Ingredients:

2 c	Japanese Rice (16 fluid ounces in glass measuring jug)
2 1/2 c	Water
2 Tbsp	Sake or Dry White Wine
4 Tsp	Rice Wine Vinegar
4 Tbsp	Sugar
1/2 Tsp	Salt

Directions:

Put the rice in a bowl and wash it in several changes of water, until the water becomes clear, stirring gently by hand. Drain rice in a sieve for 1 hour.

Combine rice, water and sake in a pot, cover, and bring to boil on medium to high heat. Reduce heat to very low and cook for 15 minutes. Turn off heat and let the pot sit, covered, for another 15 minutes.

Mix rice with folding motion to make it fluff. Insert dry teatowel under the lid to absorb excess moisture.

Transfer rice to a large, shallow container.

Mix the rice wine vinegar, sugar and salt together thoroughly and pour on the rice quickly.

Cover container with a damp teatowel until use, but do not refrigerate. Use while the rice is as freshly cooked as possible.

Sushi Vinegar

Ingredients:

1 c	Fuji Vinegar
1/2 c	Yuzen Vinegar
1/2 c	Sakura Vinegar
1 1/2 c	Sugar
1/4 c	Salt
1 c	Mirin

Spicy Tuna Mix

Ingredients:

1 Tsp	Togarashi Mayo
1 c	Tuna Teschi
1/2 Tsp	Negi
1/2 c	Masago

