Sushi with salmon, cucumber, avocado and mango

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

200 g sushi rice

300 ml water

Put the rice into a sieve, wash under running water until the water runs clear and allow to drain well. Spread the rice over the stainless steel tray and pour on the water. Put the tray into the cold cooking space and move it back and forth until the rice is evenly distributed on it.

Steaming 100 °C for 30 Mins

50 g rice vinegar

2 tsp icing sugar

½ tsp salt

Heat the rice vinegar and dissolve the salt and icing sugar in it. Brush the vinegar mixture evenly over the warm, steamed sushi rice.

1 tsp wasabi paste

4 nori sheets

1 mango

1 avocado

1 cucumber

1 bunch of spring onions

100 g cream cheese

100 g salmon

Peel the mango and avocado. Cut all the ingredients for the filling into long, thin strips.

Place a nori sheet, shiny-side up, on top of the sushi rice. The nori sheet should slightly overlap the stainless steel tray on one side. Using the sushi blade, cut the nori sheet along the sushi rice. Wet the sushi blade well with water. Lift the layer of rice and the nori sheet from the tray using the sushi blade.

Lay the sushi mat on the nori sheet and then flip the whole lot over so that the sushi rice is on top. Remove the sushi blade from the rice carefully and smoothly. Spread a little wasabi paste on the sushi rice. Brush the bottom edge with the cream cheese and add the prepared ingredients.

Tightly roll up the sushi using the sushi mat. The side of the nori sheet without the rice forms the end. Stick the nori sheet to the roll with a little water and chill. Cut the sushi roll into equal-sized pieces about 2–4 cm wide to serve.

עצות

In Japan, sushi is traditionally eaten by hand; whereas in the West, chopsticks are used. Sushi is typically dipped in soy sauce before eating. A little wasabi can be added to the soy sauce according to taste.

To neutralize the palate between different sushi, eat a piece of pickled ginger (gari).

אביזרים

Sushi blade

Stainless steel tray

Sushi mat

מידע נוסף

הופק ביום	11.12.2019