

Sushi-Maki

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Makes about 30 pieces

220 g short grain rice
330 ml water
2 tbsp rice wine vinegar
1 tbsp caster sugar
1 tsp salt
125 g very fresh salmon or tuna
1 small cucumber, peeled
½ small avocado
4 nori sheets
wasabi to taste
3 tbsp pickled ginger
Japanese soy sauce for dipping
Wasabi for dipping

Method

1. Wash the rice under cold running water until the water runs clear; drain thoroughly. Place the rice in a pan with the water and bring to the boil. Reduce the heat and simmer for 4 to 5 minutes, or until all the water has been absorbed. Reduce the heat to very low, cover and cook for another 4 to 5 minutes. Remove the pan from the heat and leave covered for 10 minutes.
1. Add the combined sugar, vinegar and salt to the rice, tossing with a wooden spoon until the rice is cool.
2. Cut the fish into thin strips. Cut the cucumber and avocado in to match sticks about 5 cm in length.
3. Place a sheet or nori on a piece of greaseproof paper or on a sushi mat on a flat surface, with the longest sides on the top and the bottom; pat a quarter of the rice over about half of the nori sheet down one long side leaving a space about 2 cm around all sides. Spread a very small amount of wasabi down the centre of the rice. Arrange a quarter of the pieces of fish, cucumber, avocado and ginger along the top of the wasabi strip.
4. Using the paper or mat as a guide, roll the nori up firmly from the bottom, enclosing the rice around the centred ingredients. Press the nori edges together to seal the roll. Using a sharp, flat knife cut the roll into 2.5 cm rounds. Repeat with the remaining ingredients. Serve the sushi on individual small plates with small bowls of soy sauce, and extra wasabi to be mixed to make a dipping sauce.

Poke bowl Saumon-Thon

Poke bowl with salmon & tuna

Serves 4 (approximately depending on bowl size)

Poke mix

Cooked Sushi rice 600gr

Sashimi-grade salmon 350gr

Sashimi-grade Tuna 350gr

Hawaiian Limu seaweed 25gr

Avocado 150gr

Cucumbers 150gr

Spring onions 1bunch

Sesame seeds black & white 5gr

Cooked Edamame 100gr

Mango 250gr

Cilantro 1 bunch

Gem lettuce 100gr

Seasoning (marination)

Salt 8gr

Rice vinegar 25gr

Sesame oil 50gr

Soy sauce 150gr

Teryaki sauce 30gr

Method

- Start the preliminary preparations on vegetables. Wash & dry, keep in a fridge.
- Fillet the fishes. Keep in a fridge
- Slice the avocado, cucumbers, mango & spring onions to the required shapes.
- Cook the edamame quickly.
- Quickly roast the sesame seeds.
- Start to cut the fish in 2cm cubes.
- Combine delicately in a cold bowl both fishes cubes with the ingredients: Limu seaweed sliced, soya sauce, rice vinegar, salt, teriyaki sauce, sesame oil, edamame, cucumbers cubes, sesame seeds, mango, spring onions, avocado.
- Gently put the cooked rice in a nice bowl plate.
- Add the mix poke on the rice.
- Decorate with some vegetables cut previously in a nice shape.

Vegétarien Poke Bowl

vegetarian Poke bowl

Serves 4 (approximately depending on bowl size)

Poke mix

Cooked sushi rice 600gr

Tofu (Firm quality) 400gr

Avocado 300gr

Cucumbers 300gr

Spring onions 1bunch

Daikon 300gr

Carrots 300gr

Red radishes 300gr

Cashew nuts 100gr

Snap beans (Or green beans) 200gr

Sesame seeds black & white 5gr

Seasoning

Soya sauce 150gr

Lemon juice 80gr

Sugar 10gr

Japanese pepper mix 2gr

Sesame oil 25gr

Olive oil 30gr



Method

- Start the preliminary preparations on vegetables. Wash & dry, keep in a fridge.
- Slice the avocado, cucumbers, daikon, carrots, radishes, snap beans & spring onions to the required shapes. Keep in the fridge.
- Cube the tofu & snack quickly in a non-stick pan just to have a slight colour with the olive oil. Aside.
- Prepare the dressing by melting the sugar in the lemon juice, then add the remaining items. Mix a bit if necessary, with a hand-mixer.
- Mix all vegetables and season with a bit of the dressing.
- Start building the poke by the rice, season, Tofu, then add the seasoned vegetables.
- Finish with some cashew nuts on top & sesame seeds

Salade Sushi

Sushi salad

Sushi mix

Shredded Crab
Sushi Ebi shrimps
Tobiko eggs
Carrot
Cucumber
Spring onions
Japanese pepper mix
Seaweed

Fresh herb mix

Purslane (pourpier)
Mizuna mix
Fresh Cilantro
Rocca leaves
Thai basil
Chervil
Mint
Gem lettuce

Seasoning

Japanese mayo
Sesame oil
Wasabi paste
Soya sauce light
Mizukan
Mirin
Japanese pepper mix
Lemon juice
Ginger
Water