



Maki

Ensure that the sushi rice is cooked correctly. Cook fresh rice every day. Always use fresh ingredients. Follow the correct procedures for cooking the prawns. Skewering, boiling, peeling. Use the offcuts of salmon aft...



Small Sushi Plate

Contains Shellfish - Fish

INGREDIENTS

- 1/2 nori sheet
- 80g sushi rice
- CUCUMBER
- 25g cucumber
- AVO
- 25g avocado
- PRAWN
- 4 sushi prawns
- SALMON
- 25g salmon
- TUNA
- 25g tuna

METHOD

- 1 Put the rice on the rough side of the Nori, gently spreading it out.
- 2 Place the filling in the middle of the rice.
- 3 Gently roll without pressing too hard.
- 4 Shape with your rolling mat, ensuring there are no fillings sticking out of the ends.
- 5 Cut into six even pieces.
- 6 Plate and garnish with wasabi, and ginger.

GARNISH

- Ginger
- Wasabi

EQUIPMENT



White Chopping Board
Rolling Mat
Sushi Knife

NOTES

- Ensure that the sushi rice is cooked correctly.
- Cook fresh rice every day.
- Always use fresh ingredients.
- Follow the correct procedures for cooking the prawns. Skewering, boiling, peeling.
- Use the offcuts of salmon after filleting for maki.



Food safety

From the SOP - what the kitchen must not skip on this dish.

SECTIONS OF THE SUSHI BAR

SOP 7 - Sushi

2 The maki-roller's station The maki roller is responsible for the following: Rolling of all sushi. Keeping his/her area clean. Maki roller section Without display With display With more chefs in service SUSHI The correct station lay out is important for efficient service. Being prepared before having to produce sushi means that you can focus on the sushi making process and complete the task effectively and efficiently. *ingredients may vary amongst territories.



ON THE PASS

Maki

Plate - Small Sushi Plate

Method and video links are on page 1.