Nigiri

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 tale and belly of sal...



Small Sushi Plate | Contains Shellfish - Fish

INGREDIENTS

- 3 x 15g sushi rice (45g total)

PRAWN

- 3 sushi prawns

SALMON

- 3 x 15g slices of salmon (45g total)

TUNA

- 3 x 15g slices of tuna (45g total)

METHOD

1. Roll each of the 15g rice portions into a rice pillow.
2. Place the rice pillows on the chosen topping, without squeezing the rice too hard.
3. Turn both the rice and the topping over, holding gently.
4. Shape the nigiri by gently pressing it between your fingers.
5. Ensure that the ends are pushed gently down.
6. The completed Nigiri must be firm but not too tight, and bite sized.
7. Plate and garnish with wasabi and ginger

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 tale and belly of salmon for nigiri.