



Samurai Roll Futomaki

Ensure that the sushi rice is cooked correctly. Cook fresh rice every day. Always use fresh ingredients. Use the offcuts of salmon after filleting for futomaki.



Medium Sushi Plate

Contains Shellfish - Fish - Sesame

INGREDIENTS

- ½ sheet nori
- 80g rice
- 3g sesame seeds
- 15g avocado
- 15g cucumber
- 40g spicy prawn
- 30g sweet chili sauce
- 7g unagi sauce
- 6g spring onion

METHOD

- 1 Spread the rice onto the rough side of the Nori, leaving 1cm free at the top.
- 2 Place all fillings in the middle of the rice.
- 3 Roll up gently. Do not press too hard.
- 4 Roll the futomaki in the flour and then dip it into the batter mix.
- 5 Roll the Futomaki in the panko bread crumbs.
- 6 Deep fry until golden brown. Drain off any excess oil.
- 7 Cut the roll into 6 pieces.
- 8 Plate and garnish with ginger and wasabi.

GARNISH

- Ginger
- Wasabi

EQUIPMENT



White Chopping Board
Rolling Mat
Sushi Knife

NOTES

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Food safety

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

Transfer your pre-cooked rice to

SOP 9 - Food Book

the colander, place over the pot of boiling water and cover the colander with a lid. 3.Steam your rice for approximately 15 minutes until it is warmed through and cooked. 4.Transfer the rice to the Bain-Marie. 5.Melt the Cordon Bleu margarine in a pan and mix the spice for rice into the butter. 6.Pour over the rice and mix thoroughly with two spoons. Basmati RICE

RICE DO NOTS

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Don't alter the water temperatures Rinse rice BEFORE cooking and not once it's been cooked, it washes away the flavor Don't leave rice at room temperature Don't reheat rice by pouring boiling water over it - it washes away the flavor Don't reheat rice more than once 0g 0%

RICE STEAMER COOKING METHOD

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Wash the sushi rice in cold water at least 4 or 5 times before cooking. The water should be almost clear before you start to cook. In a large 8.5L rice cooker, cover the rice with water and soak for 10 minutes. Cook the rice in the rice cooker for 1 hour, it will come to the boil & then start steaming. If you have a Hundai-wet the Hundai before mixing in the rice. Once the rice is cooked, empty it into food safe container or Hundai. Do not scrape the bottom of the pot. Pour the OB sushi vinegar evenly over the surface, while cutting the liquid into the rice with quick cutting strokes using the plastic spoon. Keep moving the rice to cool it down. Once cool, cover the rice with a clean, damp cloth and store at room temperature. Portion off small amount of rice at a time, leaving the bulk untouched and uncontaminated.



ON THE PASS

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Plate - Medium Sushi Plate

Method and video links are on page 1.