Avo / Prawn / Salmon / Tuna Maki

Classic sushi maki - avocado, prawn, salmon or tuna.



Small coloured plate. Contains Shellfish - Fish

INGREDIENTS

- ½ Nori sheet
- 80g Sushi rice
- 25g Avocado (Avo)
- 3 Cooked sushi prawns (Prawn)
- 25g Salmon (Salmon)
- 25g Tuna (Tuna)
- 25g Avocado (Avo)
- 3 Cooked sushi prawns (Prawn)
- 25g Salmon (Salmon)
- 25g Tuna (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 6 even pieces.
6. Plate and garnish with wasabi, ginger and pickled red onion.

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

EQUIPMENT

- Chopping board
- Sushi knife
- Rolling mat

WATCH THE METHOD

How to roll Maki https://www.youtube.com/watch?v=bauTPav4T_M
How to make Avo Maki https://www.youtube.com/watch?v=PEXt-41p9hg
Pre-rolling sushi https://www.youtube.com/watch?v=DZetRB7_hi0
How to cook sushi rice https://www.youtube.com/watch?v=pvoCLlrg4S0
How to sharpen your sushi knife https://www.youtube.com/watch?v=1qTDIkxTj6E