California Rolls

Prawn, salmon or tuna California rolls with avocado, cucumber and sesame.



Small coloured plate. Contains Shellfish - Fish - Sesame

INGREDIENTS

- ½ Nori sheet
- 120g Sushi rice
- 25g Avocado
- 15g Cucumber
- 2g Sesame seeds
- 3 sushi prawns OR 30g salmon OR 30g tuna

METHOD

1. Spread the rice onto the rough side of the Nori.
2. Sprinkle Sesame seeds over the rice.
3. Turn the nori with the rice over.
4. Place the fillings in the middle on top of the nori.
5. Roll up gently without pressing too hard.
6. Cut the roll into 8 even pieces and plate.
7. 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

California Rolls https://www.youtube.com/watch?v=OiBfknc5FeU
Pre-rolling sushi https://www.youtube.com/watch?v=DZetRB7_hi0
How to cook sushi rice https://www.youtube.com/watch?v=pvoCLIrg4S0
How to sharpen your sushi knife https://www.youtube.com/watch?v=1qTDIkxTj6E