Panko Fish California Roll

A California roll built with crispy panko-fried OB Select fish, topped with more fish bites and teriyaki mayo.



Small coloured plate | Contains Fish - Gluten - Egg - Soy

INGREDIENTS

- 100g OB Select fish, cubed (cut into 10 pieces)
- 5g OB Dry mix
- 10g OB Batter mix
- 7g Panko crumbs
- 35ml Palm oil
- ½ Nori sheet
- 120g Sushi rice
- 25g Avocado
- 10g Pickled red onion
- 15ml Teriyaki mayo
- For 4pc, halve the recipe

METHOD

1. Dip the fish cubes into the dry mix, then batter mix and then into the panko crumbs.
2. Deep fry in hot oil (180°C) until golden brown. Drain off excess oil.
3. Cut the prepared panko fish bites in half.
4. Spread the rice onto the rough side of the Nori.
5. Sprinkle Sesame seeds over the rice.
6. Turn the nori with the rice over.
7. Place all the fillings in the middle, top with the panko fish bite pieces, keeping 8 pcs aside for the top of the rolls.
8. Roll up gently without pressing too hard.
9. Cut the roll into 8 pcs and plate on the left of the plate.
10. Place a panko fish bite piece on each roll.
11. Drizzle the Teriyaki mayo over the sushi in a zig-zag pattern.
12. Garnish with ginger, wasabi and pickled red onion, on the right of the plate.

GARNISH

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

EQUIPMENT

- Chopping board
- Sushi knife
- Rolling mat
- 2 x Squeezy bottles

TIPS

- Dipping your knife in Tezu helps you make cleaner cuts through the sushi rolls.

NOTES

- Take away: Small Sushi container

WATCH THE METHOD

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

How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24