



California Rolls

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



Small coloured plate.

Contains Shellfish - Fish - Sesame

INGREDIENTS

- 1/2 Nori sheet
- 120g Sushi rice
- 25g Avocado
- 15g Cucumber
- 2g Sesame seeds
- 3 x Sushi prawns OR 30g Salmon

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=pvoCLlrg4S0>

How to sharpen your sushi knife <https://www.youtube.com/watch?v=1qTDIkxTj6E>



Food safety

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

SCOPE SUSHI CREW

SOP 7 - Sushi

Sushi crew report to BOH Manager Must complete OB training and assessments Uniforms clean, correct, and complete Personal hygiene and grooming standards strictly enforced Clean-as-you-go accountability is mandatory SUSHI Updated standards to "Walk through of each section." Sushi is a big part of the Ocean Basket meal offering and contributes significantly to the brand. Sushi is an art that takes extreme precision and incorporates extensive skill and experience. When working in the sushi section... - Hygiene is the number one thing to focus on. - You have all the correct tools. - You prepare only what is needed for the day. - You set up your section correctly for service - this will increase productivity.

SECTIONS OF THE SUSHI BAR

SOP 7 - Sushi

The sushi bar is broken up into two workspaces. 1 The co-ordinator's station The co-ordinator is responsible for the following: Reading of orders. Making of Nigiri, Gunkuns and Sashimi. Plating of all sushi. Keeping his/her area clean. Communicating with the maki rollers and checking up on the progress of the other sushi chefs. Ringing the bell for collection. Coordinators section Without display With display With two or three chefs SUSHI

THE MINIMUM STANDARDS FOR THE SUSHI SECTION

SOP 7 - Sushi

Electric rice cooker - 24 cup Sushi knives (minimum 2 per section) 500ml Squeezing bottles Stainless Steel containers with lids Sharpening stone White cutting boards Needle nose pliers or Stainless steel fishbone tweezers Bamboo rolling mats Food safe sealable plastic containers SUSHI TOOLS & EQUIPMENT (Continued) All tools must be clean and in a working condition. Tools and equipment used in this section: Julienne peeler Nori container Big wooden or plastic spoon Microplane zester Bell Cleaning cloths Hundai (optional) Silicone kitchen brush SUSHI Condiments & Consumables

DETAILS OF SUSHI SECTION

SOP 7 - Sushi

Sushi Cold kitchen area, could be allocated in the Front of House with or without the Bar & Deli or in some designs incorporated in the Back of House. - Under bar or display fridge - Scale - Spray bottles - Colour coded cloths and buckets - White cutting boards - Take-away boxes and sauce bowls - Electric rice cooker 24 cup - Steel containers - Foodsafe sealable plastic containers - Sushi knife - Sharpening stone - Needle nose pliers - Squeezing bottles - Bamboo rolling mats - Julienne peeler - Microplane zester - Nori container - Hundai (optional) - Big spoon - Cleaning cloths - Sushi rice - Ingredients - Spices - Vegetables - Sauces - Seafood - Nori - Soy sauce - Vinegar