



Loaded Prawn Futomaki

Tempura prawn futomaki with cream cheese, sauces and tempura crunch.



Small coloured plate.

Contains Shellfish - Fish - Dairy - Egg

INGREDIENTS

- 1/2 Sheet Nori
- 80g Sushi rice
- 1 x Tempura Prawn
- 10g Avocado
- 10g Cucumber
- 10g Pickled red onion
- 18g Cream Cheese
- 15ml Teriyaki sauce
- 15ml Sriracha mayo
- 5g Tempura Crunch
- 1g Spring Onion

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled 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 Cut the roll into 6 pieces.
- 5 Plate the Futomaki on the left of the plate, leaning each piece onto the other.
- 6 Drizzle the Sriracha mayo & teriyaki sauce in a zig zag motion onto the top.
- 7 Add tempura crunch & spring onion across the top.
- 8 Garnish with ginger, wasabi and pickled red onion on the right of the plate.

EQUIPMENT

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

WATCH THE METHOD

Loaded Prawn Futomaki <https://www.youtube.com/watch?v=IKhEW-9HBFE>

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=1qTDlkxTj6E>

How to use the blow torch <https://www.youtube.com/watch?v=HZLRW8HKCEo>

How to sauce our sushi <https://www.youtube.com/watch?v=rzVDbar7q0I>

How to clean prawns <https://www.youtube.com/watch?v=xu-BEWmemkl>



Food safety

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

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%



ON THE PASS

Loaded Prawn Futomaki

Plate - Small coloured plate.

Method and video links are on page 1.