Prawn / Salmon / Tuna Nigiri

Classic nigiri - prawn, salmon or tuna.



Small coloured plate. Contains Shellfish - Fish

INGREDIENTS

- 3 x 15g Sushi rice (45g total)
- 3 Cooked sushi prawns (Prawn)
- 3 x 12g slices of salmon (36g total) (Salmon)
- 3 × 12g slices of tuna (36g total) (Tuna)
- 3 Cooked sushi prawns (Prawn)
- 3 x 12g slices of salmon (36g total) (Salmon)
- 3 × 12g slices of tuna (36g total) (Tuna)

METHOD

1. Roll each of the 15g rice portions into a rice pillow.
2. Place the rice pillows on the chosen topping, without squeezing the rice too hard.
3. Turn both the rice and the topping over, holding gently.
4. Shape the nigiri by gently pressing it between your fingers.
5. Ensure that the ends are pushed gently down.
6. The completed Nigiri must be firm but not too tight, and bite sized.
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

How to sharpen your sushi knife https://www.youtube.com/watch?v=1qTDIkxTj6E
How to cook sushi rice https://www.youtube.com/watch?v=pvoCLIrg4S0
How to portion sushi garnish https://www.youtube.com/watch?v=yIoS1St1W04
How to fillet a salmon https://www.youtube.com/watch?v=swG_SQJ_YgA