Sushi

Preparation time: 25 minutes Cooking time: 20 minutes Cooling time: 15 minutes

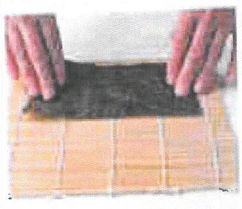
Serves: 4

- 1cup • 2 c sushi rice/short grain rice
- 1 1/2 • 3 c water
- 2 T • 4T rice vinegar
- 1 T • 2T sugar
- 1/4 • 1/2t salt
- 2 • 4 nori sheets
- 200g Chicken Breast
- ½ Lebanese cucumber
- 1 carrot
- ¼ avocado
- Sushi soy sauce

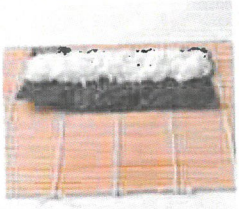
1. Rinse rice under cold water and drain (to get all the starch out). Bring water and rice to the boil, stir, lower heat, cover and simmer 12-15 minutes. Remove from heat and stand for 10 minutes covered.
2. Mix vinegar, sugar and salt. Stir until sugar dissolves. Sprinkle over rice, slicing through rice with a wooden spoon to break up any lumps and distribute the vinegar evenly.
3. Cool rice quickly by fanning it for about 5 minutes. Cover with a damp cloth to stop the rice from drying out.

Nori sheet shiny side down.

4. Wet your hands, spread a thin layer of rice on the sheet of nori, and press into a thin layer. Arrange two ingredients of your choice (1/4 of the cucumber, strip of avocado, stick of carrot or length of smoked chicken) in a line down the centre of the rice.
5. Lift the end of the mat, and gently roll it over the ingredients, pressing down gently. Roll it forward to make a complete roll. Repeat with the remaining ingredients.
6. Cut each roll into 4 to 6 slices using a wet, sharp knife. Serve immediately.

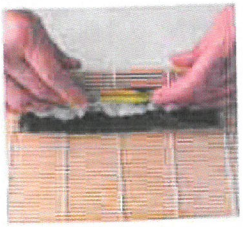


2



3

4



5