

# Sushi EXPRESS™

## SIX EASY STEPS TO PERFECT SUSHI EVERY TIME

See video demonstration online at  
[www.sushiexpress.com.au](http://www.sushiexpress.com.au)

1



Place a Nori sheet in front of you with the longest edge closest to you and the glossy side facing down. Place Sushi Express frame in centre of Nori sheet, and fill the frame half full with sushi rice.

2



Make a channel lengthways along the centre of the rice with your rice paddle approximately 1 cm deep, ensuring rice still covers the bottom and sides. Fill the channel with your choice of filling strips. Note that you can vary the size of the channel to suit the amount of filling you desire.

3



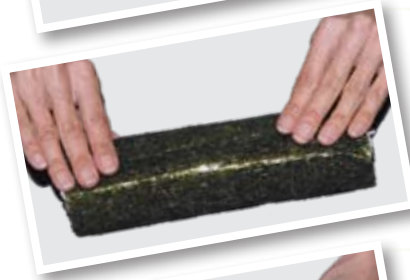
Cover filling with more sushi rice to the top of the frame forming a slight mound. It is important that the sushi fillings are completely encased in rice, except for the ends of the roll.

4



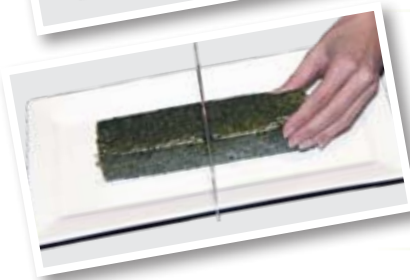
Moisten the flat side of the Sushi Express lid with water so the rice does not stick. Place flat side down in frame. With fingers held in place inside grooves at each end of the frame, gently press the lid down with thumbs while pulling up on the frame, pushing the sushi rice "cake" out of the frame. Remove lid.

5



Lightly moisten top edge of Nori sheet with water. Fold bottom edge over the sushi rice cake, followed by the top edge so that the Nori wraps around it. Roll sushi rice cake over with the flap side down and gently press Nori to rice so it adheres to the rice and softens.

6



Place finished sushi roll aside for approximately 10 minutes before slicing. This allows the moisture from the rice to soften the Nori, making it easier to cut. Cut sushi roll in half, then cut each half into half. Then cut each quarter into half, resulting in 8 equal pieces. Moisten the blade with water after each cut to avoid rice from sticking.

Six easy steps to perfect sushi every time



*If sushi is not eaten immediately, the sushi rolls should be tightly wrapped in cling wrap and refrigerated.*

*Sushi will keep at room temperature for up to 3 hours, unless using seafood and mayonnaise, in which case it should be refrigerated if not eaten immediately. You can also control the size of the roll by using less rice when placing your initial layer of rice in the frame.*

*Sushi Express is dishwasher safe on the top rack of your dishwasher. Avoid using abrasives to clean.*



## PREPARATION & SUGGESTIONS

See video demonstration online at [www.sushiexpress.com.au](http://www.sushiexpress.com.au)

### 1. THE SUSHI RICE

Sushi rice consists of cooked rice mixed with specially prepared seasoning. The following directions will make 4 to 5 large sushi rolls (8 pieces of sushi per roll). Increase or decrease rice to change the amount of sushi rolls required.

#### a) Cooking the Rice

Place 2 1/2 cups (625mL) of uncooked short or medium grain rice in a pot or rice cooker (note that often a rice cooker measuring cup only equals 3/4 standard measuring cup). Wash rice with cold water to remove any rice powder (starch). Drain; repeat process 2-3 times until water is almost clear. After final draining, add 2 3/4 cups (650mL) of cold water to rice. For best results, let rice stand for an hour before cooking. Bring the rice to the boil, then simmer until all water has been absorbed. Rice cookers are highly recommended for perfect rice.

After cooking is finished, let rice steam for another 15-20 minutes with the lid on - do not uncover pot or rice cooker as steaming process must not be interrupted.

#### b) Preparing the Seasoning

To make approximately 1 cup (250mL) of seasoning, place in a pot:

- 1 cup Japanese Distilled Rice Vinegar
- 1 cup white sugar
- 2 teaspoons salt

Heat all ingredients to dissolve, but do not boil. Cool, bottle and place in refrigerator if made ahead of time, where seasoning will keep for several months.

#### c) Mixing the Sushi Rice

Remove rice from pot and place in either a wooden or plastic container. Pour 1/2 cup (125mL) of Sushi Rice Seasoning slowly over the rice and mix using a rice paddle or spatula.\* When mixing in the Sushi Rice Seasoning use a vertical cutting or folding motion so as not to mash the rice. Fan the rice or let sit to cool down to room temperature. Note: for every cup of rice, use 1/4 cup (60mL) of Sushi Rice Seasoning, or more or less to suit your taste. Leftover Sushi Rice Seasoning will keep for several months in the refrigerator.

\*We recommend using the new non-stick rice paddle from Sushi Express.

### 2. NORI

Nori is the thin sheet of pressed seaweed which is wrapped around the sushi rice to hold it together. Nori sheets are usually sold in packets of 10. Nori has 2 sides, one of which is glossier and smoother than the other. (The glossy smooth side is the outside of the sushi roll).

### 3. DIPPING SAUCE

Pour some soy sauce into a small bowl or saucer. Mix Wasabe in soy sauce to suit your taste for "hot spice".

### 4. AVAILABILITY OF INGREDIENTS

All ingredients to make sushi can be found in the Asian sections of most major supermarkets.

Preparations and suggestions

### 5. SUGGESTED SUSHI ROLLS

#### CALIFORNIA ROLL

Crab Meat or Shrimp  
Avocado  
Cucumber (seeded)  
Wasabi  
Mayonnaise

#### SALMON ROLL

Raw Salmon  
Avocado  
Cucumber (seeded)  
Spring onion  
Wasabi  
Mayonnaise

#### VEGETARIAN ROLL

Cucumber (seeded)  
Snow Pea Sprouts  
String Beans  
Carrots  
Wasabi

#### SMOKED SALMON ROLL

Smoked Salmon  
Asparagus or  
Cucumber (seeded)  
Mayonnaise

#### TERIYAKI ROLL

Grilled Teriyaki  
Chicken  
Avocado  
Cucumber (seeded)

Cut fillings into thin strips approximately 1cm wide and up to 20cms long (the length of the Sushi Express frame). Par boil string beans, carrots and asparagus in salted water. Drain.

Refer to our web site at [www.sushiexpress.com.au](http://www.sushiexpress.com.au) for filling suggestions and more recipes. Feel free to submit your recipes for posting on the web site.