



## Temaki, sushi and maki

PORTION FOR 5 - 6 PEOPLE

### RECIPE

- 3 cups of Japanese rice.
- 5 tablespoons of rice vinegar.
- 2 teaspoons of salt.
- 2 tablespoons of sugar.
- 2 tablespoons of sake.

### Ingredients

- Japanese Rice
- Sake
- Vinegar
- Sugar
- Salt
- Seaweed
- Wasabi
- Tuna, Salmon
- Mushroom
- Cucumber



### PREPARATION

1. Wash the rice until the water is clear.
2. Add 3 cups and ½ of water.
3. Leave the rice resting in the pan from 30 to 60 minutes.
4. Cover the pan and cook over high heat. When it boils, lower the heat and cook for another 15 minutes until the water dries.
  - The pan cannot be too thin and should have the lid tight enough to hold the steam and heat.
  - Teflon pans are also not indicated.
5. While the rice is cooking prepare the seasoning, mixing vinegar, sake, sugar, and salt. Melt the salt and sugar over low heat in a separate pan.
6. After the rice is ready, turn off the stove and leave the pan covered for 10 minutes. If the rice quantity is larger, leave the lid on for 15 minutes.
7. Put the rice into a large bowl of refractory, plastic or glass, avoid metal.
8. Add the seasoning evenly. The movement to mix the seasoning should be in the shape of a cross as if cutting the rice. Be careful not to make the rice too soggy.
9. Let the rice cool down in a ventilated place.
10. Cover with a wet cloth until rice is used.

### IMPORTANT INSTRUCTIONS:

- Remove the fish's skin partially frozen, it's much easier that way.
- Heat the seaweed in the oven. Be careful not to burn it!
- Mix wasabi with soy sauce.

### How to make a hand roll Temaki:

<https://www.youtube.com/watch?v=tAYCTYVD4P4>

# Students' Pictures

