

# PREPARING SUSHI RICE

- 4 cups short grain white rice
- 1.1 l water
- 3 cm sq kombu

- 1 Start by washing the rice.
- 2 Cover with cold water and gently massage with your hand, in order to release the powdered bran and cleaning compound into the water. This will be evidenced by the water becoming a milky colour. If you don't do this, it will result in rice which is covered with a gluey starch and be smelly—both undesirable.
- 3 Tip most of this off, leaving about one cup.
- 4 Now, gently agitate and stir the rice for about 10 seconds
- 5 Cover with fresh water, swirl to release the starch into the water. Tip off most of the water leaving about one cup and gently agitate as before.
- 6 Repeat once more.
- 7 The water should look almost clear. Drain well.
- 8 Place the rice in the rice cooker with 1.1 litres of water, the kombu and switch on.
- 9 If you are using a pot to cook the rice in, put the rice and measured water in, cover with the lid and bring to a boil over medium to high heat.
- 10 Reduce to a medium heat after one minute. When the surface of the rice becomes visible, reduce to a low heat. When all the liquid is absorbed by the rice, turn the heat to high for ten seconds and then turn off the heat.
- 11 Leave the rice in the pot, covered for a further 15 minutes, to allow the rice to continue to steam. Remove the kombu.
- 12 Make sure to leave the lid on during the whole cooking process.



## VINEGAR DRESSING

- 100 ml Japanese rice wine vinegar
- 60 g sugar
- 20 g salt

Prepare the vinegared dressing by dissolving the sugar and salt granules in the vinegar over low heat. Immediately remove from the heat and allow to cool. Note: A larger amount can be pre-made and stored covered in the refrigerator.

## COMBINING THE RICE WITH THE VINEGAR DRESSING

- 1 Empty the hot rice into a hangiri tub or wide shallow container. Do not allow to cool.



- 2 Add the prepared vinegar dressing by pouring it over a shamoji or spatula to help disperse the vinegar evenly over the rice.



- 3 Briefly run the spatula through the rice from top to bottom and left to right in slicing motions, in order to separate the grains and spread the rice.



- 4 Gather the rice to one side and using horizontal, cutting motions, toss the rice across to the other side in order to give each grain an opportunity to be coated by the vinegar solution.
- 5 Gather again and repeat making sure not to mash or just stir!
- 6 Continue to gently toss the rice until it starts to feel just tight. Stop tossing and spread out the rice in an even thin layer.
- 7 Using a fan, cool the rice to body temperature.



- 8 Make sure that you turn the rice over so that the bottom heat can be fanned to ensure the vinegar solution is well absorbed.
- 9 To keep the rice from drying out, place it in a smaller container and cover with a damp cloth.