

# Sushi Made Simple

## Class Overview:

### **Rice:**

- Demonstration on washing rice to remove excess starch
- Cooking ratios for sushi rice (short grain)
- Rice seasoning instruction

### **Knife Instruction:**

- Avocado- fanning technique, oxidation prevention (browning)
- Cucumber- coring, deseeding, portion to thin sticks
- Tuna- cut of tuna (saku block), portion tuna

### **Ingredients:**

- Proteins:  
Salmon, Tuna (sourced via Fishtown Seafood) Imitation Crab Sticks
- Dairy:  
Cream Cheese
- Vegetables:  
Cucumber, Carrots, Sweet Potatoes, Avocado

### Spicy Mayo:

430 G Kewpie Mayo

100 G Sambal

20 G sriracha

20 G gochujang chili paste

20 G tamari (GF soy sauce)

20 G white sugar

10 G Rice vinegar

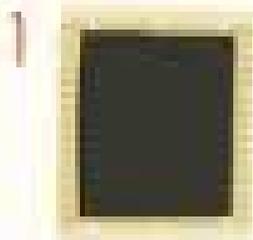
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# How To Make Sushi Roll



Place a sheet of nori on the bamboo mat.



Use your hands to shape up a quarter of the rice with your hands. Gently form the rice into a log.



Spread the rice from the center fingers gently push the rice outward and to the edges and the corners.



Take salmon, tuna, avocado, sliced egg, etc. prepare your favorite.



Place ingredients.



Roll the bamboo mat up and press back the end over the filling using your thumb to roll and your fingers to hold the filling in place.



cut into



Gently press on the top and release compact.



Using a new sharp knife cut through a roll using a slicing technique. Make sure the bamboo matting is cut in half to form 12 pieces.

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