



MAKI SUSHI ROLLS

Makes 4 rolls of about 8 pieces each (so about 32 maki sushi)

For the Japanese Sushi Rice

480g sushi rice
520ml water
90ml rice vinegar
3 tbsp sugar
1/2 tsp salt

For the Omelette

4 eggs
2 tbsp sugar
1/2 tsp salt

For the Maki rolls

1 can salmon
2 tbsp mayonnaise
2 tbsp chives
6 crab sticks
2 small red peppers
1 ripe avocado
4 nori sheets

To accompany

Soy sauce
Wasabi
Pickled ginger

To make the Sushi Rice:

1. Cover the rice in water and soak for 1 hour (minimum 30 minutes). Wash the rice in a strainer until the water runs clear.
2. Put the rice in a heavy pan and add the 520ml water. Cover and bring to a boil without stirring. This takes about 7-10 minutes. Once it boils, turn down the heat and cook for a further 5-10 minutes on a low heat. To check if the rice is done, take off the lid and look if there are little holes appearing on the surface. If you're not sure, take a wooden spatula and lift the rice. If there's still water or lots of moisture on the bottom, cook a bit further.
3. Once the rice is done put a clean tea towel on the pan to absorb the steam. Let it stand for 5 minutes, then mix the rice with a wooden spatula, lifting it from the bottom and trying not to break the grains.
4. Let the rice cool down (it should still be lukewarm when assembling the maki).

To make the Omelette:

1. Break the eggs into a bowl and mix with the sugar and salt. Heat a small pan on the hob. Pour some sunflower oil into the pan and spread it with help of a sheet of kitchen roll (which you'll keep on the side to re-oil the pan between each layer of omelette).
2. Now pour a small bit of the egg mix into the pan, just enough to cover the surface of the pan. It should look like a thin crêpe. Cook for a few seconds, then roll it up on itself so it looks like a rolled cigar. Leave the omelette roll on the side of the pan whilst making the next layer: wipe the pan with the oiled kitchen roll, pour another thin layer of egg mix into the pan, cook and roll up the ready-rolled omelette in the new crêpe. Continue like this until you run out of egg mix. Set aside.

To make the chargrilled peppers:

1. Wash the peppers. If you have a gas hob: light the fire of your hob, put the peppers onto two hobs. It's ok if the flames touch the peppers. Cover each pepper with a big pot or wok to keep the heat. Regularly turn the peppers. They should gradually blacken. They're done once nearly the entire surface is black (mine took about 10 minutes to reach that stage).
2. If you don't have a gas hob: Turn your oven on the highest temperature and roast the peppers on a baking tray. This will take longer than the gas hob version. If your oven has a grill function then it's worth grilling the peppers underneath the grill until they're black.
3. Wrap each pepper in kitchen roll and set aside for 10 minutes until cool enough to handle. Skin the peppers by pulling off the blackened skin. Cut out the seeds and cut into 1 cm thick slices. Set aside.

To prepare the salmon filling:

1. Drain the salmon and transfer into a bowl. Chop the chives and add to the salmon with 2 tablespoons of mayonnaise. Mix well and set aside.

To assemble the Maki:

2. Put a sheet of nori, shiny-side down, onto your sushi matt. Spread a layer of rice evenly over the nori, leaving the top quarter without rice. Spread your fillings on the lower third of the rice and start rolling with the help of your sushi matt, pressing the roll very tightly. Once you have your roll, cut it into 8 slices (you can cut more if they're too thick).
3. Serve with soy sauce, wasabi and pickled ginger.

