



Ingredients

Makes 6 rolls, 36 pieces

Preparation time: 1 hr+

Cooking time: 20-30 minutes

For the rice:

400ml sushi rice

3 tbsp Japanese rice vinegar

2 1/2 tbsp caster sugar

2 tsp salt

For the filling:

15cm piece cucumber

1 carrot, peeled and cut into matchsticks

1/2 avocado, peeled and cut into matchsticks

3 sheets nori seaweed wasabi paste or powder, to taste

To assemble:

250ml/9fl oz water

4 tbsp Japanese rice vinegar

a sushi rolling mat clingfilm

To serve:

Pickled ginger

Extra wasabi paste

Japanese soy sauce

Directions

These small sushi rolls have rice on the outside and 'nori' seaweed in the centre, around the filling. Try a green tea with them, which complements perfectly the clean, natural ingredients of this sushi. In Japan, green tea usually comes at the end of the meal.

1. For the rice, put the rice in a large bowl and wash thoroughly, changing the water several times, until the water runs clear.
2. Drain the rice and place in a large saucepan with 475ml/16fl oz water. Cover and bring to the boil over a high heat for about 5 minutes.
3. Lower the heat and simmer, covered, for about 10-12 minutes, or until all the water has been absorbed. Remove from the heat and leave, still covered, for about 10-15 minutes.
4. Mix the rice vinegar, sugar and salt in a small jug or bowl and stir until dissolved.
5. Transfer the cooked rice to a large, shallow dish and sprinkle over the dressing.
6. Turn the rice over in the dish to coat in the dressing and allow to cool to room temperature before assembling the sushi rolls.
7. For the filling, cut the cucumber into quarters lengthways, then cut out the seeds and cut the remainder, lengthways, into 1cm matchsticks. You need at least 6 strips, each with some green skin.
8. Just before assembling, pass the nori over a very low gas flame or hotplate, to crisp up. Cut each sheet in half crossways.
9. Mix together the water and rice vinegar to assemble; this will let you handle the rice without it getting stuck to your fingers.
10. Cover one side of a sushi rolling mat with clingfilm and place it on a dry board, clingfilm side up.
11. Place the toasted nori on the board next to the mat. Dip your hands into the water and vinegar mixture, and scoop up a sixth of the rice and make into a log shape. Put the rice in the centre of the nori, and spread it out with your fingers, right to the edge of the nori.
12. Turn the whole thing over onto the clingfilm covered mat.
13. Arrange the cucumber strips, carrot and avocado batons down the centre of the nori, and dot a little wasabi down the side. Now, using the rolling mat as