



Sushi Roll

Serve with teriyaki sauce and wasabi.

Yield: 8 appetizer servings.

INGREDIENTS:

- 2/3 cup uncooked short-grain white rice
- 3 tablespoons rice vinegar
- 3 tablespoons white sugar
- 1 1/2 teaspoons salt
- 4 sheets nori seaweed
- 1/2 cucumber, peeled, cut into small strips
- 2 tablespoons pickled ginger
- 1 avocado
- 225 g (1/2 lb) smoked salmon, flaked

DIRECTIONS:

- in a medium saucepan, bring 1 1/3 cups water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes. In a small bowl, mix the rice vinegar, sugar and salt. Blend the mixture into the rice.
- preheat oven to 150 degrees C (300 degrees F). On a medium baking sheet, heat nori in the preheated oven 1 to 2 minutes, until warm.
- centre one sheet nori on a bamboo sushi mat. Wet your hands. Using your hands spread a thin layer of rice on the sheet of nori and press into a thin layer. Arrange _ of the cucumber, ginger, avocado, and smoked salmon in a line down the centre of the rice. Lift the end of the mat and gently roll it over the ingredients, pressing gently. Roll it forward to make a complete roll. Repeat with remaining ingredients.
- cut each roll into 4 to 6 slices using a wet, sharp knife.
- If you do not have a bamboo sushi mat, the easiest way to roll the sushi is to use a clean dish towel.