

## Avocado sushi made three ways

Recipe by Chef Jason Ford

- 2 cups sushi rice
- 4 ½ cups water
- 150ml sushi vinegar
- 10 nori sheets
- avocado (thin slices)
- continental cucumber (thin lengthwise strips)
- carrot (thin lengthwise slices)
- 100ml kewpie mayonnaise



### Method

1. To make rice: wash rice until the water runs clear, drain for 1 hour.
2. Place rice in a pot with a tight-fitting lid and add water.
3. Bring to boil, reduce heat and simmer for a further 5 minutes.
4. Lower the heat and steam for 12 to 15 minutes. Remove from heat.
5. Place the rice in a wooden bowl. Run a rice paddle through the rice gently separate the grains while adding the sushi vinegar.
6. Fan the rice until it reaches room temperature.
7. To make assemble sushi: Place nori sheets shiny side down on bamboo mat.
8. Spread sushi rice evenly over the seaweed, leaving 3 cm at one end free of rice.
9. Place strips of avocado, a smear of mayonnaise, cucumber and carrot strips in a line about 3cm from other end.
10. Starting from the end with fillings lift the bamboo mat and begin to roll the sheet. Wet the strip at the end. Apply gentle pressure to join edges of seaweed.
11. Slice with a wet sharp knife.

First way: Round nori  
Second way: Inside-out California Rolls  
Third way: Tear drop shaped

**Note:** Other ingredients are optional, such as:

- Wasabi
- Japanese omelette
- Cooked chicken
- Salmon
- Cooked prawns

**Serves 10.**