

## Nori Rolls

These are great for lunch or dinner. Fill with them with what ever is your favourite filling. Serve them with soy sauce and wasabi.

### Ingredients:

#### *Sushi Rice Absorption Method*

2 cups rice  
3 cups water  
½ cup rice vinegar  
2 tablespoons caster sugar  
½ teaspoon salt

#### *Ingredients for the Rolls*

1 quantity sushi rice  
1 packet nori seaweed (10 sheets)  
1 avocado  
1 red capsicum (julienne)  
2 carrots (julienne)  
1 continental cucumber (julienne)  
375 grams tuna  
mayonnaise (Kewpie)  
salt and pepper to taste  
Soy sauce to serve

### To cook the rice absorption method:

1. Rinse the rice grains with cold water using a sieve until the water runs clear.
2. Place the rice in a saucepan on the stove.
3. Add 3 cups of water and bring to the boil.
4. Reduce heat and simmer on the lowest heat, covered for 15 minutes.
5. Remove from heat and stand covered for 5 minutes.
6. Place the rice in a glass or wooden bowl and gradually mix in ½ cup of rice vinegar, 2 tablespoons of caster sugar and ½ teaspoon of salt using a wooden spoon, mix well using a cutting method.
7. Cool the rice before using to make Nori rolls.

### Method to make rolls:

- 1 Place sushi mat on a board. Place a nori sheet on the mat, shiny side down.  
Place ½ cup cooked rice on the sheet, covering about two-thirds of the sheet. Place a

small portion of all the ingredients on top of the rice, lining them up together at the side closest to you. Roll the sheet, using your mat until you have a cylinder shape, seal the end with a little water. Squeeze the roll inside the mat gently so that it is not loose.

- 2 Repeat with all the other ingredients to make the rest of the rolls. Cut the rolls into bite sized pieces (8-10 pieces per roll) with a very sharp, slightly moist knife.
- 3 Other popular fillings for Nori rolls are lettuce, chicken teriyaki, ham and smoked salmon. If you do not have a sushi mat, use a clean tea towel instead.