

Typ: Japanisch

Quelle: Consumers Guide

Bemerkungen: 2 Feb 85: gut 6 Rollen (ganzes Blatt Nori). Weniger Reis besser (1/2 Blatt Nori). Dann weniger Reis pro Portion und mehr Inhalt.

Zutaten: 2 1/2 cups (625 mL) short-grain rice
Cold water
1 piece (8-cm square) dried kelp (konbu) 2 1/4 cups (680 mL) water
2 tablespoons (30 mL) sake
5 tablespoons (75 mL) rice vinegar
2 tablespoons (30 mL) sugar
2 teaspoons (10 mL) salt

- Rezept:**
1. Place rice in large bowl or pan; add cold water to cover. Stir rice gently with fingers several times (water will become cloudy or milky); drain rice in colander. Repeat washing and draining 3 or 4 times until water remains almost clear. Place rice in colander; drain 60 minutes.
 2. Wipe kelp gently with damp cloth to remove any sand (but not the white powder) that may adhere to surface. Using scissors, cut kelp crosswise into 4 equal strips.
 3. Place rice in heavy, 3-quart (3-L) saucepan that has a tight-fitting lid. Add 2 3/4 cups (680 mL) water and the sake to pan; place kelp on top of rice. Heat, covered, to full boiling over medium-high heat; just before water boils, remove kelp. Reduce heat to low; simmer, covered, until all liquid is absorbed, about 15 minutes. Do not lift lid during cooking, except to remove kelp.
 4. Remove pan from heat; let stand, covered, 15 minutes. Using wooden spoon or paddle, gently fluff rice with folding motions. Lay dry kitchen towel over top of saucepan; cover towel with lid. Let stand about 10 minutes to absorb excess moisture.
 5. Mix vinegar, sugar and salt in small bowl; stir until sugar is dissolved.
 6. Transfer rice to large, non-metal, shallow container.* Spread rice to fill base of container. Sprinkle vinegar mixture over rice. Toss rice gently with folding motions using wet wooden spoon or paddle until well mixed. Continue tossing gently with one hand, while fanning rice (using a piece of cardboard, for example) with the other hand. (It is helpful to have another person available to fan the rice. Using an electric fan is also acceptable.) Toss and fan rice until it cools to room temperature, 5 to 10 minutes.
 7. Cover container with damp kitchen towel. Let stand at room temperature up to 4 hours. (Do not refrigerate.)

Makes about 5 cups (1250 mL)

*Traditionally, wooden containers are used; however, any non-metal material - even hard non-porous plastic - is satisfactory. The important factor is that the container be large enough to spread out the rice to help speed up the cooling process. Quick cooling is essential for proper texture, consistency and flavor of Sushi Rice. 46