

Typ: Japanisch

Quelle: Consumers Guide

Bemerkungen: Heilbutt war etwas zäh; fade Farbe. Rotbarsch wahrscheinlich besser geeignet.
Geräucherte Makrele und Avacado sehr gut.

Zutaten: 1 ounce (30 g) kahpyo (dried gourd strips)
1/2 teaspoon (2 mL) salt
3 cups (750 mL) water
1 cup (250 mL) dashi
2 tablespoons (30 mL) sugar
2 tablespoons (30 mL) soy sauce
1 tablespoon (15 mL) mirin
5 cups (1250 mL) Sushi Rice (see Index)
1 small, thin cucumber, preferably unwaxed (3 to 4 ounces or 85 to 115g)
8 ounces (225 g) very fresh red and/or pink tuna fillets, skinned (about 1.3 cm thick)*
2 tablespoons (30 mL) wasabi powder
Warm water
4 to 5 sheets (about 18x20 cm each) toasted nori
1/2 cup (125 mL) water
1 tablespoon (15 mL) rice vinegar
6 tablespoons (90 mL) soy sauce
3/4 cup (180 mL) Pickled Ginger Slices (see Index)

*If unavailable, substitute other appropriate very fresh fish or seafood. See recipe for Sashimi (see Index) for discussion and suggested alternatives.

Rezept:

1. Using first 7 ingredients, soften and cook kanpyo following directions in Steps 2 and 3 of Chirashi-Zushi (see Index). Cut kanpyo into 18-cm lengths.
2. Prepare Sushi Rice.
3. Pare and seed cucumber, if desired. Cut cucumber lengthwise into 1.3 cm wide wedges. Cut wedges into 18 cm lengths (3 or 4 are needed). If cucumber is shorter than 18 cm, cut wedges into 9 cm lengths (6 or 8 are needed).
4. Cut tuna fillets crosswise into 1- to 1.3-cm wide strips. (If using firmer-fleshed fish, cut into 6-mm wide strips.)
5. Mix wasabi powder with just enough warm water to form thick paste; let stand, covered, 10 minutes. Using scissors, cut nori sheets crosswise into halves. Mix 125 mL water and the rice vinegar in small bowl. This mixture is called tezu and is used to moisten hands in order to handle Sushi Rice more easily.
6. For kanpyo: Place bamboo mat (called a maki mat or maki-su) in front of you so that bamboo strips are crosswise (and, therefore, sushi will be rolled away from you). Place half-sheet of nori, shiny-side-down, on mat with long dimension crosswise on

mat (nori will be rolled on its short dimension); nori should be about 1.3 cm in from edge of mat closest to you. Moisten hands lightly with tezu. Place about 125 mL Sushi Rice on nori; using hands, spread rice evenly over nori, leaving about 2-cm margin of nori empty across upper edge. Lay 2 or 3 kanpyo strips across center of rice. Bring front edge of mat (and nori) up and over kanpyo to form roll; continue rolling nori, using mat as a frame, so that empty edge of nori overlaps to form seam. Keeping mat around roll, shape into cylinder, pressing firmly and holding about 10 seconds to seal; use thumbs to press rice neatly on both open ends of roll. Unroll mat to release sushi roll. Using moistened, very sharp knife, cut roll crosswise into 4 or 6 equal slices with single downward cutting motion. Repeat to make second kanpyo sushi roll.

7. For cucumber, follow directions in Step 6 to make 3 (or 4) rolls, with these changes: Spread small dab wasabi paste across center of rice; then lay 1 long cucumber wedge (or 2 short wedges end-to-end) over wasabi. Cut cucumber sushi roll (also called Kappa-Maki) crosswise into 6 equal slices.

8. For tuna, follow directions in Step 6 to make 3 rolls, with these changes: Spread small dab wasabi paste across center of rice; then lay 1 pink and 1 red tuna strip side-by-side over wasabi. Continue with strips end-to-end to go across nori; cut last strips even with edge of nori. When roll is completed, cut tuna sushi roll (also called Tekka-Maki) into 6 equal slices.

9. Place sushi slices on serving platter. Place 1 tablespoon (15 mL) soy sauce in each of 6 small bowls for dipping. Serve with Pickled Ginger Slices.

Makes 6 servings (about 8 pieces each)

Note: This recipe is for thin rolls of Maki-Zushi. Thicker rolls (called Nori-Maki) can be made in the same manner. Use full-size nori sheet and about 1 cup (250 mL) rice; place from 3 to 8 kinds of ingredients (all cut into thin strips as above) in roll. Cut finished roll crosswise into 1-inch (2.5-cm) thick slices. Commonly used ingredients include: fish or seafood; kanpyo; thin julienne strips of cooked carrot or black Chinese mushroom; Rolled Omelet; cooked spinach or other greens. 48