

**Typ:** Japanisch

**Quelle:** Consumers Guide

**Bemerkungen:**

**Zutaten:**

- 2 1/2 cups (625 m L) Sushi Rice (see Index)
- 1 Rolled Omelet (see Index)
- 6 large shrimp, in Shells
- 2 1/2 cups (625 mL) water
- 1/4 teaspoon (1 mL) salt
- 5 tablespoons (75 mL) rice vinegar
- 2 teaspoons (10 mL) sugar
- 8 ounces (225 g) very fresh red or pink tuna fillet, skinned (about 4 cm thick)\*
- 2 tablespoons (30 mL) wasabi powder
- Warm water
- 6 Strips ( 2.5x16 cm each) toasted nori
- 115g salmon roe
- 12 Strips (1.3x15 cm each) toasted nori, if desired
- 6 tablespoons (90 m L) soy sauce
- 3/4 cup (180 mL) Pickled Ginger Slices (see Index)

\*tt unavailable, substltute other appropriate very fresh fish or seafood. See recipe for Sashimi (see Index) for discussion and sug-gested alternatives.

**Rezept:**

1. Prepare Sushi Rice. Prepare Rolled Omelet, flattening slightly to make more rectangular shape; cut omelet crosswise into 1/2-inch (1.3-cm) thick slices.
2. Remove Shells from shrimp, leaving tails attached. Remove vein from each shrimp by inserting wooden pick under vein and lift-ing gently. Insert wooden pick or metal skewer lengthwise into each shrimp from neck through tail; straighten shrimp äs pick is inserted. Heat 2 cups (500 mL) water and the salt to boiling in 2-quart (2-L) saucepan over high heat; add shrimp. When water returns to boiling, reduce heat to medium; simmer until shrimp are just opaque and firm-tender, about 2 minutes. Rinse under cold running water; drain well. Remove picks, twisting gently.
3. Place 1A cup (60 mL) rice vinegar and the sugar in small bowl; stir to dissolve sugar. Add shrimp; let stand 5 minutes. Cut each shrimp lengthwise along underside, cutting about % of the way through shrimp; spread open and press gently to f latten. Pat dry with paper toweling.
4. Cut tuna fillet crosswise into Vs-to 1A-inch (3- to 6-mm) thick slices. Fish slices should be about 1 1/2x2 1/2-inch (4x6.5-cm) rectangles.
5. Mix wasabi powder with just enough warm water to form thick paste; let stand, covered, about 10 minutes. Mix remaining ¥2 cup (125 mL) water and 1 tablespoon (15 mL) vinegar in small bowl. This mixture is called tezu and is used to moisten hands in order to handle Sushi Rice more easily.
- 6 Strips (1 x6 1/2 inches or 2.5x16 cm each) toasted nori 4 ounces (115g) salmon roe 12 Strips (1/2x6 inches or 1.3x15 cm each) toasted nori, if desired 6 tablespoons (90 m L) soy sauce 3/4 cup (180 mL) Pickled Ginger Slices (see Index)

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6. For salmon roe: Moisten hands lightly with tezu. Using hands, form 1 tablespoon (15 mL) Sushi Rice into ball or oval shape. Place ball on work surface. Wrap 1-inch

(2.5-cm) wide strip nori horizontally around rice ball to form cup-like "container" (open on both top and bottom); press gently but firmly to seal nori. Place small dab of wasabi paste on rice; top with about 1 tablespoon (15 mL) salmon roe. Repeat to use remaining salmon roe.

7. Fortuna and shrimp: Moisten hands lightly with tezu. Place 1 tablespoon (15 mL) Sushi Rice across cupped fingers of right hand. Close fingers around rice; squeeze gently but firmly (do not crush rice) to form small, slightly oval "finger" of rice. Place tuna slice across fingers of left hand; using index finger of right hand, place small dab of wasabi paste down center of tuna slice. Place rice "finger" lengthwise on tuna; cupping left hand slightly, press rice firmly with 2 fingers of right hand. Roll sushi over so that tuna is on top; cupping left hand, press tuna over rice firmly with 2 fingers of right hand. Turn sushi to reverse ends; press again. Repeat with remaining tuna slices and with shrimp.

8. For Rolled Omelet: Form sushi following directions in Step 7, but omitting wasabi paste. Handle omelet slices carefully to avoid breaking. Band each omelet sushi crosswise around center using 1/2-inch (1.3-cm) wide strip nori, if desired; overlap nori strip to form seam on underside of sushi.

9. Arrange sushi on serving platter. Place 1 tablespoon (15 mL) soy sauce in each of 6 small bowls for dipping. Dip sushi, fish-side-down, in soy sauce. Serve with Pickled Ginger Slices.

Makes 6 servings (about 6 pieces each)