



forbidden black rice **sushi**

ingredients

Makes 32 hand rolls

Rice

- * 1kg forbidden black rice
- * 2.4 litres water
- * 240ml rice vinegar
- * 2 teaspoons salt
- * 6 tablespoons sugar
- * 16 sheets of nori

Fillings:

- * Asparagus, 32 stalks
- * Avocado, 4 ripe but still firm
- * Marinated tofu, 500 gm
- * 4 tablespoons brown rice vinegar
- * dash of salt
- * extra mirin and rice vinegar
- * Wasabi paste or vegan mayonnaise
- * Tamari sauce for dipping

tools

- * scales
- * diffuser
- * wooden paddle or spatula
- * colander
- * timer
- * fan or hair dryer
- * sushi mat
- * mandolin
- * sharp knife

variations

- * You can use brown rice, black rice or rice mixed with other grains. Different rices have different cooking times and water requirements. Always soak brown rice overnight.
- * Use seasonal veggies
- * If you don't feel comfortable rolling sushi, you can place all the ingredients on the table and guests can roll their own. A great dinner party idea!

method

For the rice

1. Wash the rice carefully 3 or 4 times in a saucepan, until the water becomes almost clear.
2. Drain and add the required amount of boiling water.
3. Turn the heat to its highest level and bring quickly to the boil. Once the water is boiling very rapidly, cover with a tight lid - this should not be removed during the cooking and final steaming process - and place on a diffuser on the lowest possible heat for 30-35 minutes. Set the timer.

While the rice is cooking,

4. Gently heat the vinegar, sugar and salt in a saucepan until the sugar and salt has dissolved.

When the rice has finished cooking

5. Turn the heat up for 10 seconds and then remove from the heat.
6. Place rice in a wide, non-metallic container.
7. Sprinkle the vinegar mixture over the rice and work through gently using a wooden paddle. While turning the rice, fan it with a fan or hair dryer set on cold for glossy rice.
8. Cover with a damp cloth until ready to use.

For the filling

1. Wash the asparagus, snap the woody ends off. Steam, poach or grill.
2. Slice the tofu into 1 cm or 1.5 cm wide batons.
3. Cut the carrot into sticks and cook in some dashi or water with some mirin to taste. Cook until tender but still firm.
4. Slice the avocado into strips. Dip in lemon juice if you are preparing the sushi in advance.

Roll up the sushi

1. Place a sheet of nori onto a sushi mat.
2. Cover the nori sheet with the rice, leaving a 1.5 cm edge at both ends.
3. In the middle of the rice, place the wasabi/mayonaise, asparagus, tofu and avocado.
4. Place a little vinegar on the nori edge.
5. Roll up firmly.
6. Cut each roll in half, or as desired.