

How To Make Your Own Sushi Rolls



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Sushi—a culinary masterpiece from Asia that tickles the senses brought about by the subtle explosion of flavors. Eating sushi is indeed a one-of-a-kind experience for seafood and rice lovers all around the world. A bite of this delectable dish feels like taking a full whiff of the ocean, combined with a hint of that sought-for umami popular among various Asian cuisines.

This dish became popularized internationally due to its exotic flavors, especially when paired with drinks like cocktails, sake or Japanese rice wine, and any other beverage. Sushi restaurants are everywhere; and top chefs are continuously innovating and exploring fusion cuisines. There are countless sushi dishes you can try. Even the less adventurous diners have at least tried a bite of a California roll.

Japanese chefs are highly regarded in the country since it takes them at least ten years to master the art and skills of making sushi. If you're planning to make your own sushi rolls at home, know that there are simple recipes you can try. You don't have to follow the strict and traditional way of making them, and you can absolutely improvise. Read on to learn more about the process of creating this mouthwatering recipe.

Preparing The Ingredients

As mentioned, there are different kinds of sushi, and you can change the ingredients as you prefer. Remember, you're not trying to make the most authentic sushi, but a delicious one that suits your taste buds. There are no hard-and-fast rules in making one so feel free to explore.

The most common ingredients for homemade sushi are the following:

1. Rice

Rice is best made from scratch. However, you may also choose to purchase an instant sticky rice to speed up the process. Add two tablespoons of rice vinegar to a cup of sticky rice. It would be best if you use a seasoned rice vinegar for a hint of sweetness. However, if it's not available in your pantry at the moment, you can add a tablespoon of sugar to each cup of rice instead.

If you don't have the time to do all of these, you can always buy sushi rice from supermarkets.

2. Filling

This part is entirely up to you—any ingredient will do. However, most people use raw fish for the filling, as well as cucumber, avocado, carrots, tempura, and more. Just follow your instincts and pick the ingredient that suits your palatability. Then, cut them into thin strips.

If you choose to add raw fish, make sure it's still fresh. Try pushing down your index finger on the fish meat and if it leaves a dent, that means it's no longer fresh. For health and gastronomic purposes, always buy fresh fish for your sushi.

3. Nori

What is a nori? Nori is a dried and edible seaweed used in various Japanese cuisines. You can buy this from Asian markets and most supermarkets. In cutting nori, it's advisable to work with a smaller size to give you more control in rolling the ingredients together.

Making Your Sushi Rolls

It's time to roll your ingredients together. While it may seem intimidating at first, rolling sushi is a lot easier than it looks. Sure, they may not turn out exactly like the ones you see on social media sites or magazines, but in the end, it's definitely worth the try.

Step 1: Prepare The Rice

You can choose to make your own rice from scratch or purchase a pre-made one. If you choose to do the former, combine a cup of rice with 1 ½ cups of water. Then, bring this to a boil in a medium-sized pot. Once the water is boiling, reduce the heat and cover. Let everything simmer for at least 20 minutes, and stir if you must every five minutes.

After the rice is cooked, let it stand for 10 minutes. Always remember that you can't use crunchy rice in making sushi, since it simply won't stick to the nori and will taste burnt. If you're not a rice fan, you can use quinoa as an alternative. Since this step can be time-consuming, you can prepare the other ingredients while waiting for the rice to cook.

You can then season the cooked rice with seasoned rice vinegar and sugar. Pour them over the rice to taste. Mix them together, remove your rice from the heat, transfer to a bowl, cover with a paper towel, and voila, your rice is ready for rolling.

Step 2: Slice The Filling

Whether you choose to add veggies or seafood as filling for the sushi, you have to slice them as thinly as you can. Slice them vertically to look like matchsticks and set aside. Once your rice cools, get ready for the exciting part.



Source:

<https://stock.adobe.com/au/images/process-of-rolling-up-sushi-roll-with-salmon-using-bamboo-mat-viewed-from-the-side-in-closeup/237586741>

Step 3: Roll Them Up

To avoid making a huge mess, wrap your bamboo rolling mat with a plastic wrap. Lay down your nori on top of the mat and get your rice.

You may choose to make inside-out or outside-in rolls. These are two renowned techniques in making sushi. If you prefer the easier way, then the outside-in method is for you. Get a spoon then spread an adequate layer of rice on the nori sheet. The thickness and size of the roll is also up to you, but don't put too much rice. Otherwise, the nori might not be able to hold the ingredients firmly together.

Next, place your filling in the center. Make sure they're assembled closely together. If you have extra ingredients or big slices, pile them on top of each other. When the ingredients are all in place, roll around $\frac{1}{4}$ of the mat and squeeze it gently to make it stick. Unfold the bamboo mat and repeat this step until all the ingredients are rolled into a spiral. Seal the deal with a final squeeze.

Step 4: Slice The Roll

You must use a sharp knife for this step if you don't want your sushi to crumble. If you're planning to top your sushi with fruits or sashimi, wrap the rolls in a plastic wrap before slicing them. This will keep everything together especially once you take a bite.

Finally, prepare your favorite sauces for dunking. Restaurants typically use soy sauce, but you can always create your own. You can add wasabi for spice and even conjure your very own spicy mayo in the kitchen.

And you're all set! You can eat the end pieces first since they're usually the messiest part. Enjoy!

Wrapping It Up

This centuries-old staple is one of the most versatile cuisines you'll ever make. You can create them with your preferred filling and ingredients—the sky is the limit. If you're not a fan of the fishy taste associated with sushi, you can always improvise and own that recipe. But if you're a newbie in the world of sushi, you can always follow this recipe and roll with it.