

Cucumber hosomaki / Avocado hosomaki / Salmon hosomaki

Recipe for 4 persons

Description

Small maki prepared with only one ingredient as a garnish. These versions use cucumber and avocado sticks but might as well be prepared with tuna or salmon pieces.

Note

Select ripe avocados for this recipe to ensure an onctuous texture.

Ingredients

For the rice

- 250 Ml Sushi rice
- 250 Ml Water
- 60 Ml Rice vinegar
- 15 Ml Sugar
- 3 Ml Salt

For the california roll

- 8 Leaf(ves) Nori seaweed
- 0.50 Unit(s) English cucumber
- 1 Unit(s) Avocado
- 100 Gr Salmon filet skin-off
- 15 Gr Sesame seeds

Preparation

- Preparation time **45.00 mins**

General preparation

Cut the cucumber and avocado stick. Roast the sesame seeds in a dry skillet.

Rice preparation

Place rice in a colander and rinse with cold water, stirring well, until the water flowing from the strainer is clear. Let the rice drain well in colander. Cook your rice in a rice cooker.

Alternatively, use a small pot: combine rice and water and cover so that it is completely sealed. Bring to a boil over medium heat (Rely on your ears because you should never lift the lid of the pan). Then continue cooking for 5 minutes. Lower the heat to low and cook for 10 minutes. Lift the lid and let the rice stand for 10 minutes.

In another saucepan, combine the vinegar, salt and sugar and heat without boiling. Once the sugar completely dissolves, remove from heat and let cool. Transfer the rice in a hangiri or bowl to cool it down using of a fan or a sheet of cardboard. Pour the mixture vinegar mixture over the rice, mixing gently to avoid crushing the grain.

Once the vinegar preparation is incorporated, keep the rice in a bowl covered with a damp cloth until ready to prepare maki sushi or nigiri sushi.

Maki preparation

Place the rice on the nori, leaving no space at the top. Take the sheet gently turn it over on the

makisu (mat). Spread the wasabi and spicy mayo if wanted, then the avocado or cucumber sticks and roll. As decoration, sprinkle some sesame seeds on the rice. Cut the roll into small equal pieces. For the salmon maki, keep a small space without rice on your nori and place the salmon on the rice so that your roll has the nori sheet on the outside. Serve with wasabi, soy sauce and marinated ginger.

Bon appétit!