

# California roll

## Recipe for 4 persons

### Description

Developed in Los Angeles, this maki roll is prepared with the seaweed on the inside and filled with cucumber, avocado and crab or crab stick. The rice on the outside is sprinkle with sesame seeds or Masago caviar.

### 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
- 8 Stick(s) Crabstick
- 1 Unit(s) Avocado
- 15 Gr Sesame seeds
- 15 Gr Masago caviar

### Preparation

- Preparation time **30 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.

#### California rolls preparation

Place the rice on the nori, leaving no space at the top. Gently turn the nori over on the makisu (mat) so that the rice is facing the outside. Spread the wasabi and spicy mayo if wanted, then the

ingredients and roll. As decoration, use of Masago eggs and sesame seeds to sprinkle on the rice. Cut the roll into small equal pieces.

**Bon appétit!**