

Assorted Sushi 雜錦壽司

Serving: 4 assorted sushi rolls

份量：4 條壽司卷



Basic ingredients 基本材料

Japanese sushi rice 壽司米	2 cups 杯 (280g 克)
Water 水	3 cups 杯 (480ml 克)
Sushi vinegar 壽司醋 <ul style="list-style-type: none">• Rice vinegar 米醋• Sugar 糖• Salt 鹽	<ul style="list-style-type: none">• 4 tablespoons 湯匙• 2 tablespoons 湯匙• 1/2 teaspoon 茶匙
Nori sheet (roasted seaweed sheet) 壽司紫菜	4
Cucumber 青瓜	1
Carrot 紅蘿蔔	1
Soya sauce & wasabi 豉油及日式青芥(山葵)	

Assorted ingredients 各式餡料

Smoked or raw salmon 煙三文魚或三文魚魚生	30g 克
Teriyaki chicken 鐵板燒雞	50g 克
Avocado 牛油果	1/4
Tuna (from can) 罐頭吞拿魚	2 tablespoons 湯匙
Mayonnaise 沙拉醬	1 tablespoon 湯匙

1. Put rice and water into an electric rice cooker and cook.
將米及水放入電飯煲同煮。
2. Mix vinegar, sugar and salt and stir until sugar dissolves.
將糖鹽加入醋中, 攪至糖溶解。
3. When rice is done, sprinkle sushi vinegar over rice. Use a wooden spoon to break up any lumps and ensure the vinegar is absorbed evenly.
將壽司醋倒入飯內, 用木匙將飯打鬆, 令壽司醋均勻吸收。
4. Leave the rice to cool with lid covered. (You may put the rice in refrigerator for quicker cooling.) 將飯蓋好, 待涼。(如欲快點涼, 可將飯放進雪柜內, 待涼取出。)

5. Clean and cut the cucumber into halves and remove seeds. Cut out four long strips. (Keep the remaining for other use.) 青瓜洗淨去籽, 切 4 條長條。(餘下可作其他煮食。)



6. Peel and clean the carrot. Cut lengthwise into 4 long thin strips. (Keep the remaining for other use.) 紅蘿蔔去皮, 切 4 條幼長條。(餘下可作其他煮食。)

7. Cook the chicken in Teriyaki sauce. (I boil the chicken in Teriyaki sauce for 5 minutes. Turn off the heat and poach the meat for another 10-20 minutes till done.)

雞肉用鐵板燒汁煮熟。(我將雞肉在燒汁內滾 5 分鐘, 熄火, 將雞肉浸 10-20 分鐘至熟。)

8. Mix canned tuna with mayonnaise sauce.

將吞拿魚和沙拉醬攪勻。

9. Cut $\frac{1}{4}$ avocado lengthwise into 4 strips.

將 $\frac{1}{4}$ 個牛油果切成 4 條長條。

10. Cut salmon lengthwise. 三文魚切成長條。

11. Place a nori sheet on a sushi mat. Spread a quarter of the cooked rice over $\frac{3}{4}$ of nori with uncovered part away from you.

將一塊紫菜放在壽司蓆上, $\frac{3}{4}$ 塊紫菜鋪滿飯, 留空的部份遠離自己。



12. Lay cucumber, carrot and chicken (or salmon or avocado or mayonnaise tuna) across at the lower $\frac{1}{3}$ of the nori. 在紫菜近自己的 $\frac{1}{3}$ 處, 橫放上青瓜條、紅蘿蔔條及雞(或三文魚, 或牛油果, 或沙拉吞拿魚)。

13. You may add pickled ginger (optional). 可隨意加酸紫姜。

14. Slowly roll mat over, tucking the closer end of the nori to start a roll.

慢慢用蓆捲成壽司卷。



15. Cut the sushi roll into 6-8 small pieces.

將壽司卷切成 6-8 件壽司。

