

Rice vinegar:

enough for approx. 300 g vinegar

240 g rice vinegar

40 g sea salt

150 g sugar

Bring to the boil and boil until the sugar and salt have dissolved, leave to cool.

Boil the rice in a rice cooker and fold 150 g of the rice vinegar gently into the rice until well mixed.

Method:



Rinse the rice well in cold water



When the water runs clear
the rice is ready to be boiled



Boil in a rice cooker until
ready



In Japan a wooden bowl is often
used to fold the vinegar into the rice



Add the flavoured vinegar



Mix the rice well
by folding it gently

Maki sushi:

Nori on the outside:

Maki sushi - Cobia with mango:

Approx. 4
rolls

120 g of Cobia fillet – cut into long cubes

Half a ripe mango – cut into long cubes

Roll the rolls with the ingredients in the middle and cut into nice,
regular slices.



Maki sushi – Cobia with cucumber:

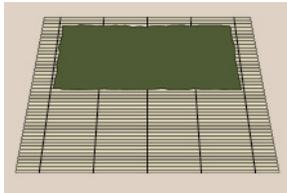
Approx. 4 rolls

120 g of Cobia fillet – cut into long cubes

Half a cucumber – cut into long slices

Roll together and cut into slices.

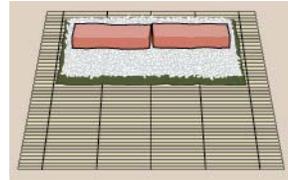
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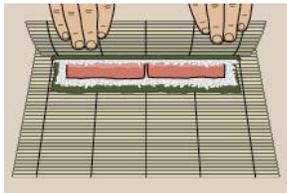
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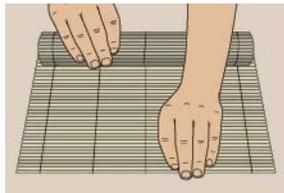
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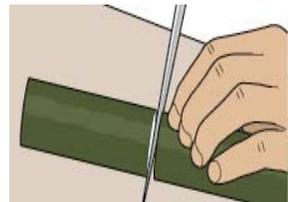
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Inside-out rolls (Uramaki):

Cobia roll:

Approx. 4 rolls

200 g of Cobia fillet, diced

Half an avocado, diced

2 tbs. fresh coriander

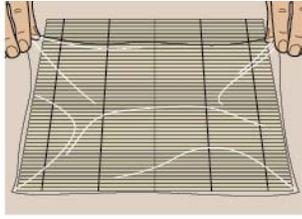
2-4 tbs. Chilli mayonnaise

Sesame seeds - roasted

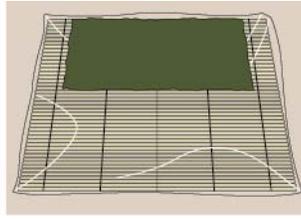
Fold together Cobia, avocado, coriander and chilli mayonnaise. This is the filling for the Sushi rolls. The rolls are made with the rice on the outside and sprinkled with sesame seeds.



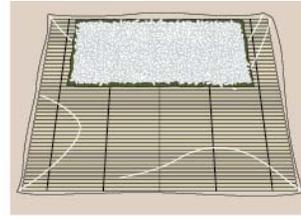
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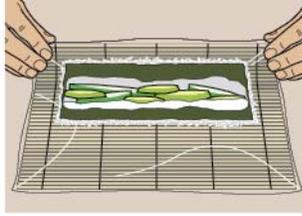
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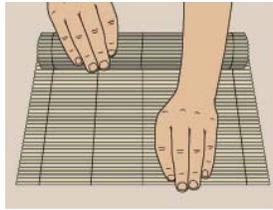
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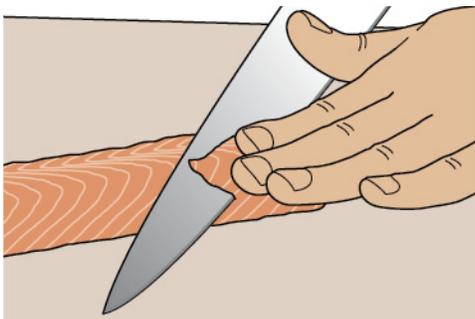
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Nigiri sushi:

Nigiri sushi is a small oval rice ball with the ingredients on top. This is what is often called hand-rolled sushi. This type of sushi is quite difficult to make, but very decorative and tasty. Nigiri shushi is what many people recognise as the classic sushi look.

Cutting the fish for Nigiri sushi:

As the ingredients for Nigiri sushi are so visible for those eating it, it is important that the slices for this type of sushi are nicely cut.





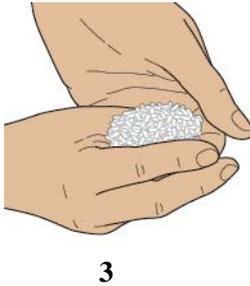
Method:



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Gunkan sushi

(battleship sushi)

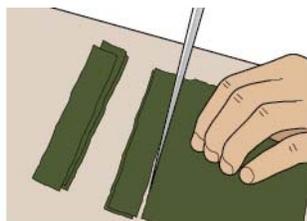
Spicy cobia sushi:

- 70 g Cobia fillet, diced
- 1 tbs spring onions, cut into thin rings
- 1 tbs chilli mayonnaise

Approx. 4 pieces



Method:



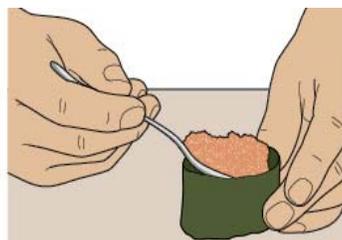
Cut the nori into slices.



Make a rice ball in the same way as for nigiri sushi.



Roll a band of nori around the rice ball and stick it together with water



Fill the top with a filling of your choice.

To serve:

Place the sushi pieces on a plate and serve with the traditional condiments such as pickled ginger, wasabi and soy sauce.

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by the Norwegian Culinary Institute

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