

SIMPLY SUSHI

SUSHI IS ONE OF the most famous Japanese dishes around and although most of us have tried it at some point or another, it's not something that automatically pops to mind when preparing dinner. How easy is it to make, and can home-made sushi still look as pretty as it does when it's restaurant bought? We paid a visit to Bushido to meet with Head Chef and Japanese cuisine expert, Chef Chong to find out.

"It's not difficult to make sushi at home; you just need to follow a few key steps and have the right tools and ingredients to hand," Chef Chong tells us. "People tend to think it's a complicated dish because of the shape, size and mixture of ingredients used, but it's actually quite easy to do with practice." Although sushi has always been popular, *Grazia* has noticed a new trend of making your own at home and sushi classes have become the new night out. Why is this? "I think it's popular because it's easy to eat, it's healthy and when whipped up at home for guests or yourself, it's pretty impressive," he says. "It's nice to know how to make a simple but visually appealing dish, which is why today we're making Ura Maki."

TOP TIP: "Pre-preparation of the rice is essential," he says. "Use three to four cups of Japanese short-grain rice, boiled until slightly fluffy but not sticky and mix in a mixture of vinegar, sugar and salt to give it flavour, slight stickiness and a little bit of shine. Leave to stand for 30 minutes." And there you have it, fancy looking sushi made at home. Although we don't think we'll be beating Chef Chong's current record of 15 seconds any time soon!



CHEF CHONG'S TOP 5 TIPS FOR PERFECT SUSHI

- * Only use fresh ingredients
- * Everything must be prepared and used on the same day
- * Using short-grain Japanese rice is essential for the flavour and texture
- * Prepare it all with clean, moist hands so nothing sticks where it shouldn't
- * Eat raw sushi within 30 minutes

DON'T FORGET

Pickled ginger is only for cleansing the palette between different types of sushi and should never be eaten with sushi as it overpowers the taste
Bushido Japanese Restaurant, Seef District, 17-583555



URA MAKI

Tools

- Bamboo table mat, wrapped in cling film
- Very sharp knife
- Chopping board
- Small bowl of water

Ingredients

- Seaweed
- Wasabi
- Soy sauce
- Pickled ginger
- Tuna

- Flying fish roe
- Avocado
- Cucumber
- Crab stick
- Sesame seeds
- Mayonnaise

Method

1. Place a square of seaweed on the mat and using moist fingers (if not moist, the rice will stick to them) spread a ball of rice over the seaweed, taking care to leave one edge free.
2. Spread the Flying fish roe evenly

over the rice. Turn the seaweed upside down, so the seaweed is face up and put mayonnaise, sliced cucumber, crab stick and avocado in the centre of the seaweed.

3. Using the bamboo mat, roll the seaweed up tight. Using your hands, press lightly, making sure that the roll is tight.

4. Remove the bamboo mat from the roll and sprinkle sesame seeds on the rice. Using a sharp knife, cut into eight pieces and serve with wasabi, pickled ginger and soy sauce.