Sushi with cucumber, tofu, carrots and kewpie mayonnaise served with pickled ginger & soy sauce

Season: summer/autumn

Type: main dish

Difficulty: medium

Serves: 25 tastes

Recipe source: Pete Heine

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>Large saucepan</td>
<td>2 ½ cups sushi rice</td>
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<tr>
<td>Knives</td>
<td>2 ½ cups water</td>
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<tr>
<td>Boards</td>
<td>salt</td>
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<tr>
<td>Wooden spoon</td>
<td>4 tablespoons sushi vinegar</td>
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<tr>
<td>Assorted bowls</td>
<td>3 teaspoons sugar</td>
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<tr>
<td>Measuring spoons and cups</td>
<td>2 teaspoon salt</td>
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Filling
3 carrots
2 cucumbers
4 pieces firm tofu
2 tablespoons soy sauce
knob of fresh ginger
1 kewpie mayo

1 packet nori papers
soy sauce
pickled ginger

What to do:
1. Measure the rice and wash it under cold water until the water runs clear
2. Let the rice dry a bit then add to a saucepan with the water and a good pinch of salt, bring to the boil
3. Once it has boiled turn down very low, put the lid on and let it cook for 8 minutes, turn it off and let it stand with lid on for 10 minutes
4. Once it has cooled add the salt, sugar and vinegar and mix it well so all the rice is coated. Put it in the fridge for the next class
5. Use the rice pre-prepared for your class
6. Put the soy sauce and some finely grated ginger into a bowl, mix well and let the tofu marinade for 5-10 minutes while you prepare the other ingredients
7. Cut the carrot and cucumber into matchsticks, arrange on a platter ready to roll sushi
8. Take the tofu out of the marinade and blot it dry, cut into matchsticks like the carrots, put on the platter
9. Get 2 bowls of water, have the platter of ingredients in front of you, including the mayo and the nori paper
10. Lay a piece of nori paper in front of you, wet your hands and pick up the rice and spread across the nori paper leaving 2cm around edges bare
11. Arrange a small amount of the ingredients across the middle
12. Carefully roll up the sushi, when you get to the end wet it well and stick down
13. Put the rolled sushi seam side down on a platter and cover with a damp tea-towel while you complete the rest
14. Put some soy sauce in dipping bowls and some pickled ginger in bowls to serve
15. Cut the sushi with a sharp knife into bite sized pieces and arrange on 3 platters

Volunteer Notes:

Ask Pete to do demonstration roll