

## Rolled Sushi Recipe

### Ingredients:

1 tablespoon Japanese rice vinegar  
4 toasted nori sheets  
1 quantity prepared sushi rice  
wasabi paste, for spreading

### Filling:

60 g prepared kanpyo (gourd strip)  
100 g firm tofu, cut into long strips about 1 cm thick and wide  
85 g simmered shiitake mushrooms, thinly sliced  
100 g pickled daikon, cut into 1 cm thick strips

### Condiments:

Japanese soy sauce  
wasabi paste, optional  
pickled ginger, optional

### Method:

Fill a bowl with warm water and mix in the rice vinegar. Lay a sheet of nori, shiny-side down, on a bamboo mat with the short end of the mat towards you. Dampen your hands with the vinegared water to prevent the rice sticking to your hands. Starting at the edge nearest to you and stopping about 5 cm from the edge furthest from you, spread about 250 g prepared sushi rice over the nori, pressing down with your fingers - it should be about 1 cm thick. Wet your hands as needed. About 8 cm in from the end closest to you, use your finger to smear a little wasabi paste along the width of the roll. Take one type of filling at a time and lay it along the wasabi paste from end to end so that you have a long strip across the rice. Repeat with the other ingredients, each one snugly on top of and next to the other, then trim the edges. Holding the filling in place with the tips of your fingers, lift the closest end of the bamboo mat with your thumbs and, holding everything taut, roll the sushi away from you, making sure you do not tuck the edge of the mat under the roll. When the roll is finished, press the mat down over the top to form a neat, firm roll. Unroll the mat and put the sushi roll, seam-side down, on a cutting board. Repeat with the remaining ingredients to make four rolls. Using a very sharp, large knife, trim the ends of each roll. Dipping the knife into water as you slice to prevent the rice from sticking to it, cut each roll into six to eight even pieces. Arrange cut-side up on a platter. Serve with a small bowl of soy sauce for dipping into, and, if desired, extra wasabi to mix into the sauce and some pickled ginger as a palate refresher.