

How much rice should you cook?

Every cup of uncooked rice should provide enough to make between four and six sushi rolls. You can estimate five rolls per cup of rice pretty accurately. Most people eat between two and three rolls in one sitting. Here's how I usually plan for my parties and classes:

- 2 people = 1 cup
- 4 people = 1 1/2 to 2 cups
- 6 people = 2 1/2 to 3 cups
- 8 people = 3 1/2 cups

Rice Seasoning Recipe

Makes enough to season a three-cup batch of rice

Ingredients:

- 5 tablespoons rice vinegar
- 1 1/2 teaspoon fine sea salt
- 2 tablespoons sugar

Directions: Warm rice vinegar, then whisk in salt and sugar until fully dissolved.

How to Prep Sushi Rice

1. **Rinse** - Start off by dumping the uncooked rice into a large bowl. Fill the bowl with cold water, swish it around, then drain. Repeat this process until the water runs clear. This could take around ten rinses.
2. **Soak** - Fill the bowl one last time, then soak the rice for thirty minutes before draining it again.
3. **Add Cooking Water** - Add 1 1/2 cups of cold water for every 1 cup of uncooked rice.
4. **Bring to Boil** - Cover, and bring to a boil over high heat. Watch the pot so that it doesn't boil over. Do not remove the lid!
5. **Simmer** - Reduce the heat to low as soon as it comes to a boil, and leave it to simmer for twenty minutes exactly. No peeking! Keep the lid on tight.
6. **Uncover** - As soon as twenty minutes go by, turn off the heat and let rest in covered pot for 5 minutes, uncover the rice.
7. **Turn Out** - Transfer the rice to a large, wide mixing bowl. Use a paddle or wooden spoon to gently spread and separate the grains to help it cool.
8. **Season** - Drizzle the rice seasoning over the hot rice while gently turning the grains over and over. Try not to smash or stir the rice. Just move it around gently.
9. **Cool** - Fan the rice for a couple minutes, turn the rice over and fan again. Ideally, sushi rice should be at room temperature when it is time to make your rolls.

Tips

- **Cover the cook pot as tightly as possible.** I like to use a small cast iron pot to cook my sushi rice. If you are using a metal pot, try putting something on top of the lid to weigh it down. Just make sure that whatever you use is sturdy and heatproof.
- **Don't let the rice dry out.** If you need to wait for a while before making your rolls, cover the bowl of rice with a clean, moist kitchen towel. Don't refrigerate the rice. Instead, try to cook it right before it's time to roll your sushi.
- **Time very carefully.** Use a kitchen timer or a smartphone to keep track of cooking and soaking times. Over or under-cooking will affect the rice's texture.
- **Rice Cooker.** An inexpensive rice cooker cooks the rice for you perfectly! Most cookers switch to a “keep warm” mode when the cooking is done. Watch your cooker, when it switches to “keep warm” unplug the rice cooker and allow the rice to sit covered in the pot for 5-10 minutes then proceed to step 7. Remember, no peeking. Once you set your rice to cook leave the lid on until the rice has finished cooking and rested in the pot for 5-10 minutes.

What to roll in your sushi?

- Anything you like!
- Fresh avocado
- Cucumber
- Cooked crab
- Cooked shrimp
- Scallions
- Sashimi grade tuna
- Salmon, fresh or smoked
- Cream cheese
- Julienne carrots
- Pickled veggies
- Try different combinations and have fun 😊

If you would like to have a video reference for making sushi rice, basic rolls or move on to intermediate rolls go to www.makesuhi.org

The recipe link (slightly different from above) to making sushi rice is <http://www.makesushi.com/how-to-make-sushi-rice/>