

Sushi Rice Recipe

Ingredients:

550 g Japanese short-grain white rice
4 cm piece of konbu, wiped with a damp cloth, optional
2 tablespoons sake, optional
80 ml Japanese rice vinegar
1 1/2 tablespoons caster sugar
1/2 teaspoon salt

Method:

Rinse the rice several times in cold water or until the water runs clear, then drain in a colander for 1 hour. Put the rice in a saucepan with 750 ml cold water and, if you wish, add the konbu and sake. Bring to the boil, then remove the konbu. Cover with a tight-fitting lid, reduce the heat to low and simmer for 15 minutes. Turn off the heat but leave the pan on the hotplate. Working quickly, remove the lid and place a clean tea towel across the top (to absorb excess moisture), then put the lid on for a further 15 minutes. Alternatively, cook the rice in a rice cooker, following the manufacturer's instructions. Tip the rice into a wide, shallow non-metallic container and spread it out. Combine the vinegar, sugar and salt until the sugar is dissolved, then sprinkle over the warm rice. Using quick, short strokes mix the rice and liquid together with a damp wooden rice paddle or thin wooden spoon or spatula, being careful not to mush the rice. Traditionally, the rice is cooled with a hand-held fan while mixing the liquid into the rice. When cooked, cover with a clean, damp tea towel. For the best results, use the rice immediately and do not refrigerate it. However, if you are not making your sushi within 1-2 hours, the rice must be refrigerated or bacteria may develop.

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