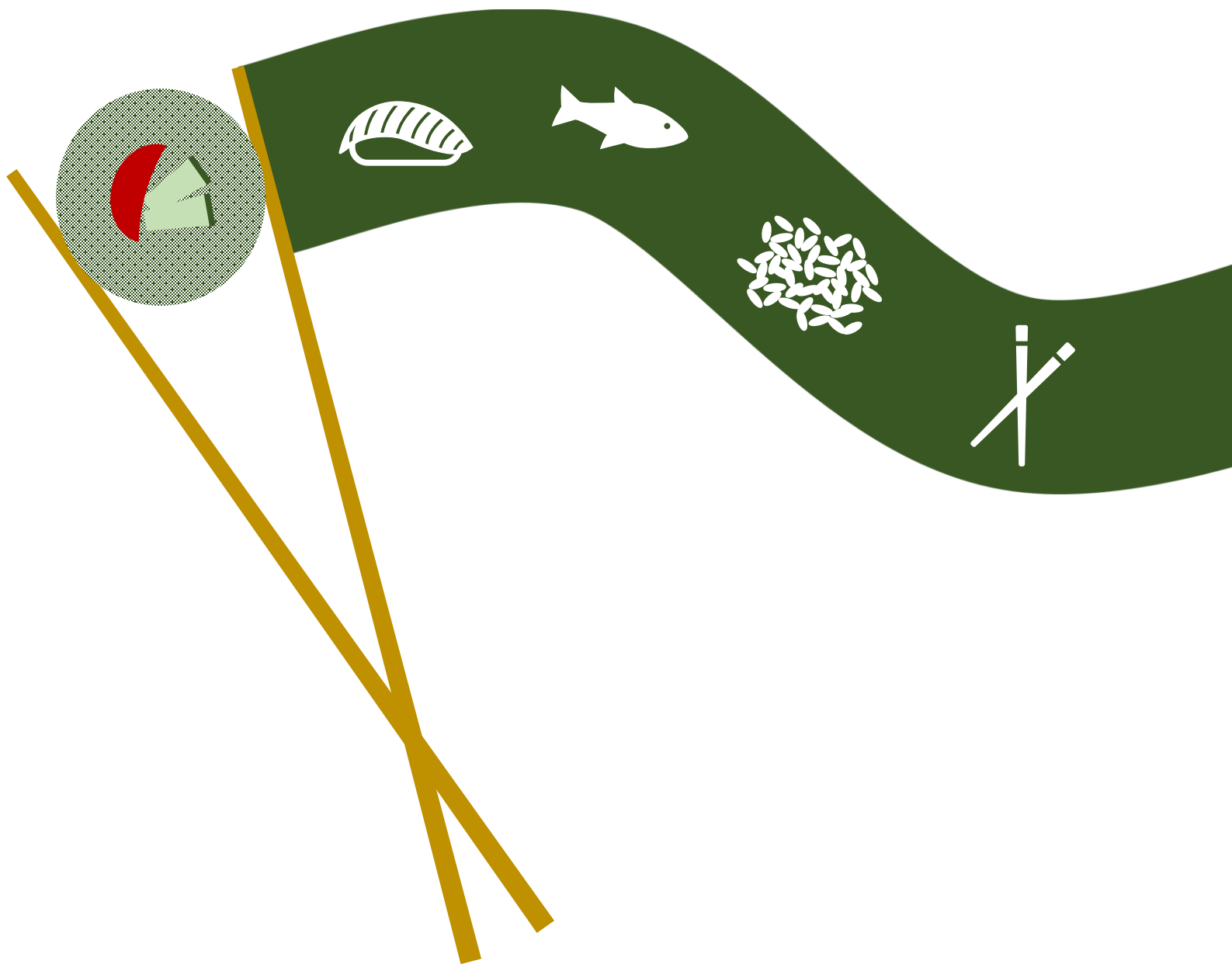


Sushi Rolling

Culinary Arts



Sushi Rolling

Provided Materials:

1. Measuring utensils
2. Sushi rice
3. Sushi Seasoning
4. Nori sheets
5. Chopsticks
6. Ginger

Required Materials:

1. Pot or rice cooker
2. Mixing bowl
3. Mixing spoon
4. Knife
5. Fillings, such as fish, crab, cucumber, roasted red pepper

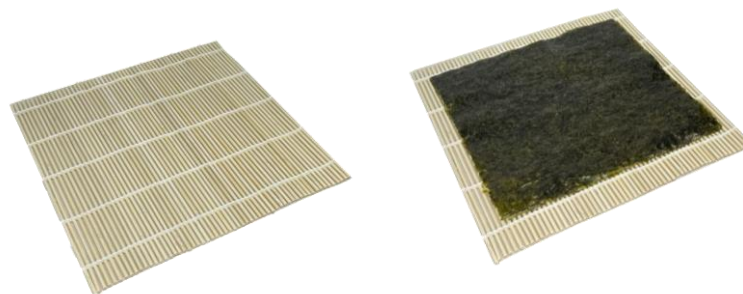


Safety First.

Before you begin, wash your hands with soap and water.

Instructions

1. Rinse the rice to remove the starch.
 - Place 2 cups of rice into a mixing bowl.
 - Cover with cool water.
 - Swirl the rice in the water, then pour the water off.
 - Repeat 2 to 3 times or until the water is clear.
2. Cook the rice.
 - Into a medium saucepan, measure 1 cup of rice to 1.1 cups of water (0.1 cup equals 1.6 tablespoons).
 - Place over high heat. Bring to a boil, uncovered.
 - Reduce heat to lowest setting and cover.
 - Cook for 15 minutes.
 - Remove from heat and let stand, covered, for 10 minutes.
 - Transfer to large mixing bowl.
3. Season the rice.
 - Measure 2 tablespoons of seasoning into the rice.
 - Using a mixing spoon, fold in the seasoning until each grain of rice is coated with seasoning.
 - Allow to cool to room temperature.
4. Prepare the nori.
 - Open the sushi mat.
 - Lay a piece of nori in the center of the mat.



What is nori?

Nori is an edible seaweed used in Japanese cuisine. Originally eaten as a paste, it is now shredded and rack-dried into paper-like sheets.

The sheet form of nori was invented in Tokyo, Japan around 1750 through the Japanese method of paper-making.

5. Spread the rice on the nori.

- Leave some room around the edges.



6. Lay fillings lengthwise on the rice.

- Place your own fillings in the centre of the sheet.



7. Roll the sushi.

- Use your forefingers to hold the fillings in place.
- Roll the sushi inside the mat until the edge of the mat touches the rice.
- Use the mat to tighten the sushi roll: use your fingers to pull back on the rolled mat evenly along its length.
- Holding the rolled mat in place, draw the edge of the mat to release it from the sushi roll.
- Continue to roll the sushi inside the mat until finished.



8. Cut and serve.

- Open the mat to reveal the sushi roll.
- Cut the roll widthwise in 1-inch slices.
- Serve with wasabi, soy sauce, seasoned ginger, or Japanese mayonnaise (Kewpie sauce).



Follow this QR code to view the instructions in video form, or visit: www.youtube.com/@skillsalberta



Find PDF versions of these instructions at: skillsalberta.com/resources/try-a-trade-take-out



Try-A-Trade® Takeout Program

Activity: Sushi Rolling

V3

Skill Area: Culinary Arts

CTS Cluster: HRH

Sushi Rolling

Project

Students use math and motor skills to measure ingredients and prepare delicious sushi rolls.



Culinary Arts

Schooling

- Three-year apprenticeship.
- Red Seal Journeyperson.
- Start early with the Registered Apprenticeship Program (RAP) or explore options available through Career and Technology Studies (CTS).

Jobs

- Develop and prepare food in commercial establishments such as restaurants, hotels, institutions, trains, and ships.
- Average salary: \$30,383.00 - \$52,454.00/year
- Average wage: \$18.61 – \$26.76/hour

More information:



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