

Temaki Sushi Party: A Make-Your-Own Hand Roll Sushi Party

手巻き寿司



“*Temaki* sushi party: a make-your-own hand roll sushi party” is the easiest and most affordable way to enjoy sushi at home. *Temaki* sushi can be made ahead of time for a party, but it is even more enjoyable for your friends and family to all make their own sushi at the table by choosing whatever combinations of fillings they want to roll together. It’s fun—and creative, too!

INGREDIENTS—4 to 6 servings

Atsuyaki Tamago (Sushi Omelet)

5	Eggs
(¼ Cup	<i>Dashi</i> —optional)
1 Tbsp	<i>Mirin</i>
1 tsp	Soy Sauce
1 tsp	Sugar
Pinch	Salt
1 Tbsp	Vegetable Oil

Sushi Vinegar Mix

½ Cup	Japanese Rice Wine Vinegar
1 Tbsp	Salt
1 Tbsp	Sugar

Sushi Rice

5 Cups	Japanese White Rice (Kagayaki)
5 ½ Cups	Water

Sushi Filling

½ - 1 Lb	<i>Sashimi</i> grade Salmon, cut ½” x 3”
½ - 1 Lb	<i>Sashimi</i> grade Tuna, cut ½” x 3”
½ - 1 Lb	<i>Sashimi</i> grade white fish, cut ½” x 3”
3	Avocados, cut ½” x 3”
1	English cucumber, cut ½” x 3”
1 Bunch	Scallions, thinly cut
10 pieces	<i>Shiso</i> Leaves

Other Ingredients

	<i>Wasabi</i>
	Soy Sauce for dipping sushi
1 Jar	<i>Gari</i> (Pickled Ginger)
10- 12 sheets	<i>Nori</i> (seaweed), cut to four square
1	<i>Daikon</i> Radish, cut into juliennes

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DIRECTIONS

Atsuyaki Tamago (Sushi Omelet)

1. Break the eggs and stir (think light; try not to beat hard) and add the sugar, mirin, soy sauce, salt and dashi to the eggs.
2. Stir until the sugar is dissolved and the mixture is well-blended.
3. Put the vegetable oil in a small bowl and soak cloth or paper towel in the oil.
4. Place the frying pan on medium heat for a few minutes and wipe it with the oil-soaked cloth or paper towel.
5. Gently pour about ½ cup of the egg mixture into the pan.
6. When the bottom of the omelet just starts to brown, lift one side of the omelet up and roll it. Each roll should be about two inches wide.
7. Oil the empty side of the pan and gently pour about a further ¼ cup of egg mixture, and lift the omelet to add egg mixture under the omelet.
8. Repeat steps 7 and 8 until all the egg mixture has been used.
9. Let the *Atsuyaki Tamago* cool.

Sushi Vinegar Mix

1. In a bowl, mix the rice wine vinegar, salt and sugar.
2. Heat the mixture, either in a microwave oven or on a stove top, just until the salt and sugar dissolve. Chill it in the refrigerator.

Sushi Rice

1. Fill a large wooden sushi rice-mixing bowl with water—later, this will prevent the bowl from absorbing the sushi-vinegar mix.
2. Measure the rice accurately and discard any foreign objects such as tiny stones.
3. Using a colander inside a large bowl, rinse the rice by changing water for four times (or until the water is clear) to remove the starch.
 - For the first bowl of water, quickly whisk rice 3 or 4 times by hand. Then, drain the water immediately to prevent the rice from absorbing the smell of rice bran.
 - Rinse the rice two or three more times moving it around vigorously with your hand to remove the starch.

•Drain the rice in the colander and set aside for 30 to 60 minutes.

4. Add measured water and rice to a cooking pot. With both a rice cooker and regular pot, it takes about 35 to 40 minutes to prepare.
5. **To cook with a regular pot**, tightly close the lid. Start cooking over medium heat to bring the water to a boil, then lower the heat to medium low and cook the rice for 6-7 minutes. Turn down the heat again to simmer for 10 more minutes. Turn off the heat after checking that all the water is gone. Set the cooked rice aside for 10 more minutes with the lid on to complete the steaming process.
6. **To mix the vinegar with cooked rice**, empty the water from the sushi rice-mixing bowl and dry it with a cloth.
7. Pour the cooked rice into the wooden sushi rice bowl.
8. Pour the vinegar mix with the rice server, and mix it with cutting but gentle motions while another person fans the rice. Fanning cools the rice, removes the liquid quickly, and makes the rice shiny in appearance.
9. Cover the rice with a damp towel to prevent it from drying.
10. Ideally, leave the rice for 90 minutes to let the rice absorb the vinegar well. (Note: Don't put the rice in the refrigerator; the cold temperature will harden the rice. Keeping it at room temperature is better—however, if rice has been kept in a refrigerator, gently warming the rice will restore softness.)

Sushi Fillings and Other Ingredients

1. Slice all the fish into about ½" wide x 3' long stick shapes, cutting against the fibers.
2. Slice the cucumber, *Atsuyaki Tamago* (omelet), and avocado into about ½" wide x 3' long stick shapes.
3. Slice the *Daikon* radish into very thin pieces.
4. Arrange all the ingredients on a large serving plate with some *Gari* (pickled ginger).

On the Table

1. Have *Wasabi*, soy sauce and *Nori* sheet cut into four squares at the table.
2. Set the table with pairs of chop sticks, small dishes for dipping your creations in soy sauce, medium sized plates for the sushi roll.

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GLOSSARY

GREETINGS

Itadakimasu—Japanese greeting before the meal. It expresses gratitude to the person who prepared the meal, the person who grew the ingredients, and the privilege to be able to have food.

Gochisosama— Japanese expression of thanks after a meal.

FOOD

Atsuyaki Tamago—Japanese omelet cooked with about 1" thickness with *Mirin*.

Nigiri—a sushi with fish on top of sushi rice

Sashimi—a Japanese delicacy consisting of very fresh raw meat or fish sliced into thin pieces. Usually first dipped into soy sauce with Wasabi.

Sushi—a Japanese cuisine consisting of rice with vinegar combined with seafood or vegetables. The forms of sushi vary, but all sushi has to have rice with vinegar.

Sushi Meshi—rice with rice wine vinegar, salt and sugar.

Temaki—hand roll.

INGREDIENTS

Dashi—broth made with *Katsuobushi*, or *Kombu* or both. It can be made with *Shiitake* mushrooms.

Gari—pickled ginger for sushi.

Katsuobushi— Japanese name for dried, fermented, and smoked skipjack tuna or bonito fish.

Kombu or Kobu—seaweed often used to make broth, sold dry.

Maguro—tuna

Mirin—an essential condiment in Japanese cuisine. Like Sake, it is a kind of rice wine, but with a lower alcohol content and higher sugar content. The sugar is a complex carbohydrate formed naturally via the fermentation process; it is not a refined sugar.

Nori—seaweed, dried in paper-like sheets. Often used for making *sushi* and rice balls.

Shake or Sake—Salmon.

Shiso—a Japanese herb.

Wasabi—Japanese horseradish, usually used for sushi and *Sashimi*. It is a condiment with a very strong flavor close to hot mustard.

UTENSILS & EQUIPMENTS

Electric Rice Cookers



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\$98.95
Zojirushi 5.5 Cups
Rice Cooker NS-RNC 10
@ Amazon

STORES

Kim's Oriental Market

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United Noodles Asian Supermarket

SUSHI RICE BOWL



KAGAYAKI RICE