

Homemade Recipe for Sushi: Cucumber Avocado Roll (Inside Out Roll, 8pc)

COOKING TIME

Total: 35 - 45 minutes

Sushi Rice: 30 - 40 minutes

Rolling: 5 minutes

INGREDIENTS (for one roll):

- 200g Sushi Rice
- 1 Nori Seaweed, half sheet
- 4 - 6 pcs Avocado, sliced ½ inch thick
- 4 - 6 Julienned English Cucumber

TOOLS:

- Cutting Board
- Knife
- Makisu, Sushi Rolling Mat

INSTRUCTIONS:

(How to spread rice for Inside Out Rolls, Step 3 - 12)

1. Make Sushi Rice.
2. Wipe the cutting board with a wet towel to moisten.
3. Place half sheet nori horizontally, rough side facing up.
4. Wet your hands.
5. Grab sushi rice, tennis ball size, approximately 200g.
6. Place the sushi rice on the top left corner, shaping it like a potato.
7. Using the bottom part of your left palm, apply pressure, spread the sushi rice horizontally.

8. With your right hand, making a “U” shape, guide the sushi rice so that it covers the top half to 2/3 of the Nori.
9. Rhythmically, turn your left hand three times to cover the top portion of the Nori with rice.
10. Clean your hands with a wet towel, dip your fingers in the water.
11. Using fingertips, apply the pressure, spread the rice to the bottom, from the left, center, and right.
12. Spread the sushi rice all the way to the top and corners to cover the entire sheet of Nori as even as possible.
13. Flip the Nori with Sushi Rice so the Nori is facing up.
14. Place Avocado and Cucumber, in the center of Nori.
15. Pick up the bottom edge of the Nori, roll like a Yoga mat. The bottom edge should land below the top edge of Nori.
16. Seal, then roll another 90 degrees forward.
17. Place a plastic covered Makisu over the roll and squeeze.
18. Cut into eight pieces.
19. Plate and serve.