



Vegetable Sushi

Ingredients

A selection of fresh vegetables and herbs in season. We used:

Beetroot, roasted
Carrot
Broad beans
Cucumber
Chives

Sushi Rice

Rice Wine Vinegar
Nori sheets
Black sesame seeds

Reduced salt soy sauce for dipping.

A sushi mat or new J-Cloth for rolling.

Method

1. Prepare your vegetables by cutting the carrots, cucumber and beetroot into batons, podding and skinning the broad beans and finely chopping the chives. Blanch the carrots and broad beans in boiling water for a minute then drain and refresh in cold water.
2. Rinse and cook the sushi rice according to the packet instructions until it is tender and sticky. Drain any excess liquid and stir through a good splash of rice wine vinegar and cool quickly by spreading out on a board or plate.
3. Take a sheet of nori and place it on the sushi mat or damp J-Cloth. With damp hands spread a handful of rice over the nori leaving the top third empty. Make a thin line of vegetables down the middle of the rice.
4. Take the nearest edge of the mat or cloth and use it to roll the nori around the filling as tightly as you can, keeping the filling in place. Seal the top edge of the nori in place by dampening with water.
5. With a sharp knife slice the roll into sections and arrange on a plate, cut side up.

You can make rolls in the same way without the nori sheet and then roll the sushi in black sesame seeds and chopped chives like we did!

Eat as they are or dip into low salt soy sauce.