

Beginner's Guide to Homemade

SUSHI

あなた自身の寿司を作る
フレッシュで、楽しく、簡単でおいしい！

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Make Your Own Sushi .
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Beginner's Guide to Homemade Sushi

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SUSHI



寿司米の作り方

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► A Set of High Quality Sushi Knives

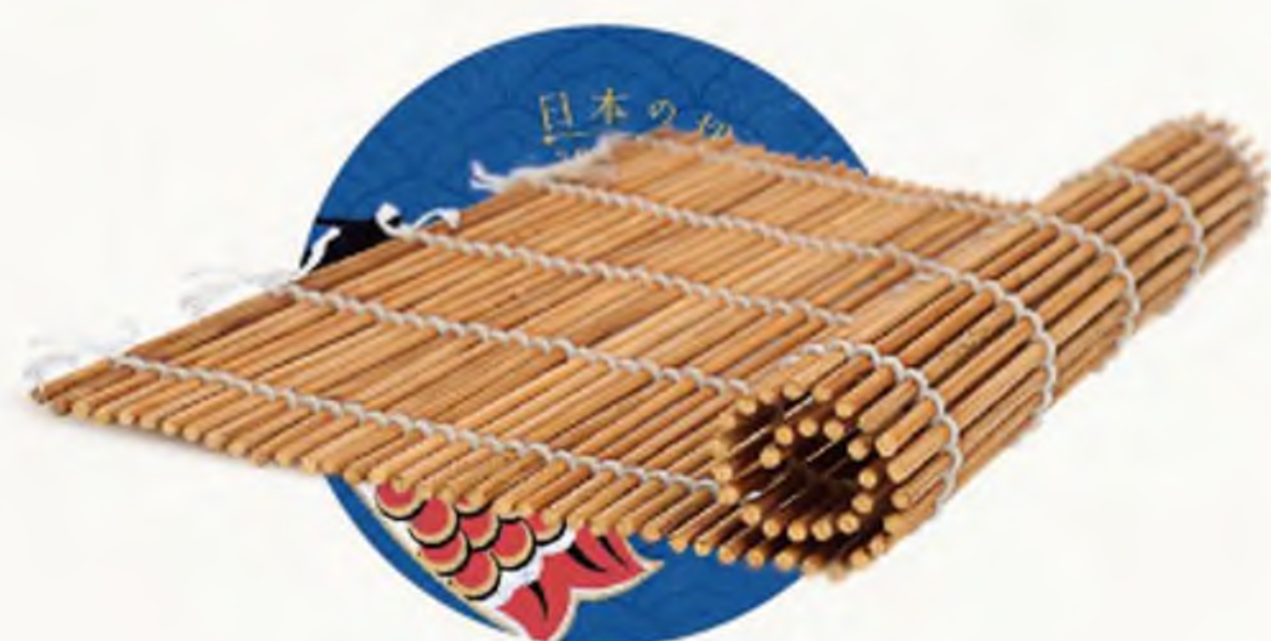
It is not necessary to buy a Japanese knife, but you should use a very sharp knife.

Wipe the rice off the knife after you cut each slice of sushi. Keep the knife clean and damp - it makes it much easier to slice the rolls.

► Bamboo Rolling Mat

A rolling mat is essential for making rolled sushi. It is made of bamboo sticks woven together with cotton string and has a square shape.

After use, your bamboo rolling mat must be scrubbed and rinsed by hand with mild soap and water.



Don't place it in the dishwasher. Make sure to dry it completely before storing. Any moisture or traces of starch from the rice left on it will result in it becoming moldy. Carbonized bamboo will help inhibit any mold growth.

Having two mats is great for the sushi-making process. You may cover the mat with a sheet of cling film or plastic wrap when making inside-out rolls to avoid the rice grains getting stuck between the bamboo sticks. Also, by covering the mats with a plastic wrap before each use it makes cleanup between different types of sushi rolls much easier. The mat can also be used to drain vegetables.



► Rice Spreader

A knife-shaped bamboo or wood spreader is great for evenly spreading the rice grains without getting your hands sticky.



► Rice Paddle

A flat, round-shaped paddle is traditionally used to serve rice and stir in sushi vinegar. This is made of bamboo or wood, so soak it in cold water before use to prevent the rice from sticking to it. Alternatively, use a rice paddle, but do not use a curved mixing spoon, as this may mash the grains of rice, rather than cutting between them.

► Rice Cooker

Rice cooker is ideal for preparing the rice for sushi. It can produce the most consistent cooking results.



Allow the rice for sushi to stay in a warm area for about 15 minutes After all the excess water is decanted. Then take it out. The cooked rice should probably not be left in an active rice cooker for much longer than that, as it might lose too much moisture and become crumbly, rather than sticky.

Important: If you do not have a rice cooker you can still make great sushi rice by cooking your rice on the stove top. Just keep an eye on it, so it doesn't become mushy.

► Chopsticks or Fingers?

Whether or not to use chopsticks is generally up to you. If you don't know to use or don't feel comfortable using chopsticks, it is acceptable to use your fingers. You can use a wet towel to wipe your fingers before start the meal.



As for chopsticks users, don't pass food from your chopsticks to another person's chopsticks, as this is considered to be extremely bad luck.

How to select the proper rice?

Beginners will find that medium-grain sushi rice is much easier to handle. However, short-grain sushi rice is considered to be premium.

RICE



適切な米・お寿司とご飯 中粒／短粒
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SUSHI VINEGAR (Sushi Rice Dressing)

Sushi rice dressing is a combination of rice vinegar, sugar, and salt.

You can buy sushi rice dressing at supermarket or grocery store, also you can make your own sushi rice dressing.



How to make sushi rice dressing?

A very general guide is to use 10 parts vinegar, 5 parts sugar, and 1 part salt. You could reduce the amount of salt should you desire a sweeter mixture. Use about $\frac{1}{2}$ tbsp. of vinegar mixture per 100g ($3\frac{1}{2}$ oz) of cooked rice.

Making sushi rice dressing is easy. What you need to do is place the rice vinegar, sugar, and salt in a stainless steel saucepan and heat at a low temperature, gently stirring. Stop heating when the salt and sugar have dissolved. And then let it cool down to temperature.

PREPARING SUSHI RICE

It is particularly important to wash and rinse the rice prior to cooking. Let the wet grains of rice rest for at least 30 minutes prior to cooking to allow the rice to absorb some water.

Cooked sushi rice is slightly harder in texture than the average boiled rice, because it is cooked with less water, so as to allow some room for the addition of sushi vinegar. Makes about 6 cups (1 kg)



2½ cups (500 g) short-grain white rice

2½ cups (625 ml) water, minus 3 tablespoons

¾ cup (185 ml) Sushi Rice Dressing (Sushi vinegar)

Place the rice in a medium-size bowl and add enough tap water to cover the rice. Using your fingers gently whisk the rice using five circular motions. Taking care not to separate the grains, pour the water off. Repeat this process three times. Place the rice in a fine-mesh strainer and rinse with cool water. Continue washing the rice and changing the water until it is clear. Drain the water and leave the rice to rest in the strainer for approximately 30 minutes.

Place the rice and measured water in a rice cooker or sauce pan. Once the rice cooker is ready cook for exactly 40 minutes (if you do not have a rice cooker, cook in a sauce pan until done). Most likely the cooker will indicate that the rice is done before 40 minutes have elapsed, but be patient. Do not lift the lid or stop the process before the time is up.

Meanwhile, soak the wooden rice paddle in cold water. This will prevent the cooked rice from sticking to the paddle while mixing it with the Sushi Rice Dressing.

Decant the steamed rice onto a large, flat cutting board. Using the soaked rice paddle, gently spread the rice as thinly as possible, and then Splash Sushi Rice Dressing evenly over the rice. Using the rice paddle, gently “cut” the rice without mashing the individual grains to mix in the vinegar. Spread the rice into a thin layer and cool to room temperature.

After reaching room temperature, transfer the rice into a large container and cover with a damp cloth until ready for use (don’t refrigerate). Use the rice within 4 hours.

How To Make Sushi Rolls

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Cover your sushi mat with cellophane (plastic wrap), to avoid the rice grains getting stuck in between the bamboo sticks of the wrapping mat. Place a whole nori sheet on the wrapped mat - rough side up. Place the nori on the mat so that the long end is parallel with the bottom of the mat.

Dip your fingertips in a bowl of cool water. Add a small handful of cooked sushi rice to the nori sheet. And spread the rice evenly and gently over the sheet with your fingertips. Make sure to leave at least 2-3cm of nori bare at the top of the roll.

Arrange the fillings in a thin line extending to the edges of the nori sheet.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. The secret is to lift the front of the mat and slightly push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

There may be a small flap of the nori sheet that is not completely sealed. Do not wet with water to seal. Simply allow the roll to rest seam-side down on a cutting board for about 2 minutes.

Dip the tip of a very sharp knife into a bowl of cool water. Tap the bottom of the handle of the knife on the cutting surface so that the water runs down the length of the blade. Then cut the rolls in half. Place the 2 halves alongside each other and cut them together into 3-4 slices.



CLASSIC SEAFOOD SALMON ROLL

CLASSIC SEAFOOD SALMON ROLL

For this recipe, you will need:

1 batch of Sushi rice

½ lb. of Salmon

5 Half-sheets of Nori (seaweed sheets)

How to make the salmon roll?

Cover your sushi mat with cellophane (plastic wrap), to avoid rice grains getting stuck in between the sticks of the bamboo mat. Place a half sheet of nori (seaweed sheet) on the bamboo wrapping or rolling mat (rough side facing up).

Add a small handful of cooked sushi rice to the nori (seaweed sheet). Wet your fingers in a bowl of cold water, gently spread the rice over the sheet with your fingertips. Press the rice down along the center to create a “valley” or indentation where you will place the salmon later. Make sure to leave at least 2cm of nori bare at the top of the roll.

Next, cut the salmon fillet into pencil-thick strips, and place the strips on the rice along the “valley” (indentation).

Lift up the closest edge of the mat with your thumbs and index fingers. Place your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly use the mat to roll the rice ingredients until the edge is touching the nori side. Then lift the front of the bamboo wrapping mat slightly and push the roll forward to the end. Continue rolling 3 or 4 times, and each time you roll, open the mat and make sure it is tightly rolled.

Remove the sushi roll from the mat and place it on a clean, dry cutting board. Cut the roll into 6 pieces with a sharp, wet knife. Repeat the process for each roll.



ふろしき (厚手寿司ロール)

3ロールにする

FUTOMAKI (Thick Sushi Roll)

Makes 3 rolls

For this recipe, you will need:

10-12 Asparagus spears/tips

1 Avocado

1 Cucumber

1 batch of Sushi rice

3 pieces of Full Sheet Nori (seaweed sheets)

1 block of Tamago (Japanese omelet)

6 pieces of Gobo (pickled burdock root) or sliced carrots

Garlic Mayo

Sesame seeds

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食べ物

How to make Futomaki?

Discard the cucumber's pulpy center and cut into strips in a julienne fashion. Blanch the asparagus and place the spears onto a few paper towels to drain the excess water and allow it to return to room temperature. Cut the avocado in half, remove the pit and peel; slice lengthwise into pencil-thick strips. Likewise slice the tamago into strips.

Place a whole nori sheet on the wrapped mat - rough side up.

Add a small handful of cooked sushi rice to the nori sheet. Wet your fingers in a bowl of cold water, and spread the rice evenly and gently over the sheet with your fingertips. Make sure to leave at least 3cm of nori bare at the top of the roll.

Arrange the tamago, gobo, sliced cucumber, asparagus, and avocado onto the center of the nori.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. The secret is to lift the front of the mat and slightly push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

Transfer the sushi roll from the mat to a dry, clean cutting board. Cut the roll into either 10 or 12 pieces.

Place these on a plate, drizzle with some Garlic Mayo and sprinkle some sesame seeds on it to add an extra layer of flavor and crunch. Repeat to make another roll.

SUSHI BURRITOS

SUSHI BURRITOS

Makes 4 Burrito Rolls

For the recipe, you will need:

- 4 tbsp. Mayonnaise
- 4 tsp. Chili sauce
- ½ tsp. Cayenne pepper
- 2 tbsp. Toasted white sesame seeds
- 8 Half-Nori sheets (seaweed)
- 1 batch of Sushi rice
- 40g (1 ¼ oz) Wild rocket leaves
- 200g (7oz) Skinless salmon fillet
- 1 Avocado
- 1 Cucumber

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How to make Burritos?

Cut the salmon fillet into pencil-thick strips. Remove the avocado pit (seed) and peel, then slice the avocado fruit lengthways into thin strips. Dispose of the cucumber's pulpy center and cut into pencil-thick strips.

Combine the mayonnaise, chili sauce, cayenne pepper and sesame seeds into a bowl, then set aside.

Cover your sushi mat with cellophane (plastic wrap), to avoid the rice grains getting stuck in between the bamboo sticks of the wrapping mat. Place a half sheet of nori on the wrapping mat (rough side up).

Add a small handful of cooked sushi rice to the top of the nori sheet. Wet your fingers in a bowl of cold water, spread the rice over the sheet evenly and gently with your fingertips. Make sure to leave at least 3cm of nori bare at the top of the roll.

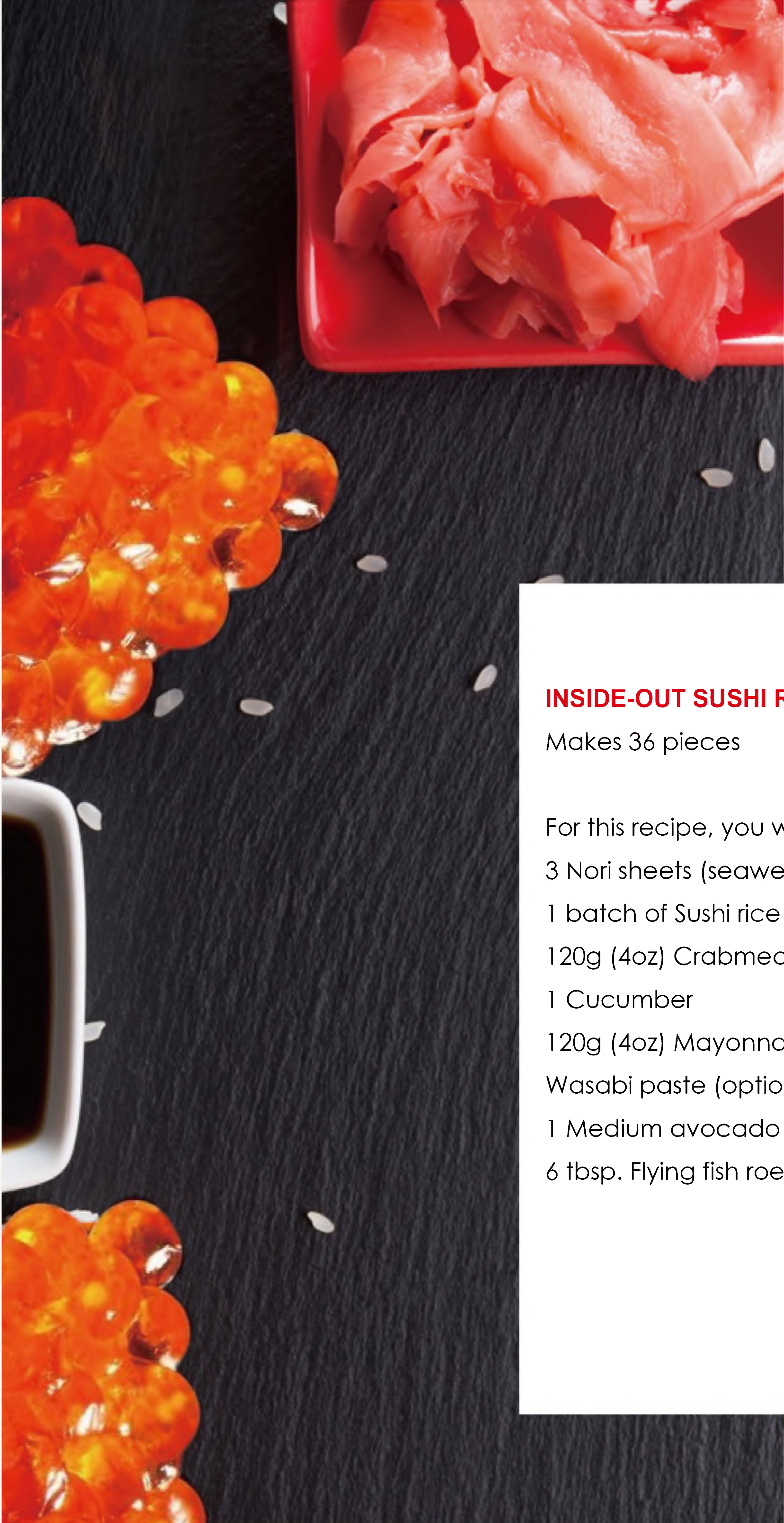
Spread 1 tbsp. of the sauce over the rice, then add one quarter of the rocket leaves, salmon, avocado, and cucumber in the center of the rice.

Slide the edge of a second nori sheet under the uncovered margin to create the extra length needed to contain the burrito filling.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the bamboo mat over the ingredients until the edge is touching the nori side. Then tip or lift the front of the mat slightly and push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

Wrap the burrito in greaseproof paper (baking paper), twisting each end tightly to keep it in shape. Cut diagonally in half with a sharp, wet knife to serve. Repeat to make 4 burrito rolls.





INSIDE-OUT SUSHI ROLL

Makes 36 pieces

For this recipe, you will need:

3 Nori sheets (seaweed)

1 batch of Sushi rice

120g (4oz) Crabmeat

1 Cucumber

120g (4oz) Mayonnaise

Wasabi paste (optional)

1 Medium avocado

6 tbsp. Flying fish roe

How to make inside-out sushi rolls?

Discard cucumber's pulpy center and cut into julienne strips. Cut the avocado in half, remove the pit and peel, and slice lengthways into pencil-thick strips.

Place a half sheet of nori on the bamboo wrapping mat.

Dip your hands in a bowl of water, take a handful of rice, about 100g (3½ oz) in weight, and place it in the middle of the nori sheet. Use your fingers to spread an even layer of rice all the way onto the edges of the nori. Flip the nori over with both hands.

Place the crab and cucumber along the center of the nori sheet. Add a line of mayonnaise on one side and a thin smear of wasabi on the other, if using. Arrange the avocado on top.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat (bamboo mat) over the ingredients until the edge is touching the nori side. Then lift the front of the mat slightly and push the roll forward to the end. Continue rolling 3 or 4 times. Each time you roll, open the mat and make sure that it is tightly rolled.

Open the mat. Spoon the fish roe onto the sushi roll you just completed, and use the back of a spoon to spread the roe over it. Turn the roll over to coat the underside. The roe does not have to cover the sushi perfectly. Repeat to make 6 sushi rolls.

Cut each roll in half. Place the 2 halves next to each other, moisten the knife, and cut twice to get 6 equal-sized pieces per roll. Repeat process to make more rolls.



SIMPLE AVOCADO ROLLS

SIMPLE AVOCADO ROLLS

Makes 4 rolls (24 pieces)

For this recipe, you will need:

1 Large avocado

2 sheets of Half nori (seaweed)

4 half-handfuls (roughly 320g) of Sushi rice

4 teaspoons of Black sesame seeds

How to make simple avocado rolls?

Cover the bamboo wrapping mat with a sheet of cling film (plastic wrap) when making inside-out rolls to avoid rice grains being stuck between the bamboo sticks of the wrapping mat.

Place a half sheet of nori on the cellophane wrapped sushi mat; it does not matter if the shiny side is facing down or up, because the nori won't be visible in the finished roll.

Add roughly 2/3 cup of cooked sushi rice to the top of the nori. Make sure that you roll the rice to each edge of the nori and that you are not mashing the rice down.

Dip your fingers in cold water, and shake off any excess. Damp fingers help when handling sticky sushi rice. Spread half a handful of cooked sushi rice (roughly 80g) over the sheet evenly and gently with your fingertips.

Sprinkle 1 teaspoon of black sesame seeds over the rice; these will end up on the outside of the roll.

Flip the rice mat over (not the bamboo mat, just the nori with the rice and sesame seeds). Dab some wasabi paste on the nori before adding the avocado slices, if you like.

Cut the avocado in half lengthways. Remove the pit and peel neatly and slice the avocado lengthways into 1cm-wide crescent-shaped pieces. Place a quarter of the avocado pieces at the bottom of the nori, onto the area without the rice.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. Then lift the front of the mat slightly and push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

Remove the sushi roll from the mat and place it on a clean, dry cutting board. Cut each roll into 6 pieces with a sharp, wet knife. Repeat to make another roll.



EEL, DASHI-MAKI TAMAGO AND CUCUMBER GIANT INSIDE-OUT ROLL WITH WHITE SESAME SEEDS

Makes 2 rolls (16 - 20 pieces)

For this recipe, you will need:

½ a packet (1 fillet) of grilled freshwater eel

1 Cucumber (use 2 cut strips)

2 Nori (seaweed) sheets

2 handfuls (roughly 320g) Sushi rice

4 tsp. White sesame seeds

4 pieces of an Omelet



How to make this dish?

Cut the freshwater eel into 1 cm-wide strips. Discard the cucumber's pulpy center and cut it into pencil-thick strips.

Place a sheet of nori (seaweed) on the bamboo wrapping mat.

Wet your fingers in a bowl of cold water, add a small handful of cooked sushi rice on top of the nori. Spread the rice over the nori evenly and gently with your damp fingers. Make sure to leave about 3 cm of the nori sheet bare at the top of the roll.

Sprinkle 2 tablespoons of white sesame seeds over the rice; these will end up on the outside of the roll.

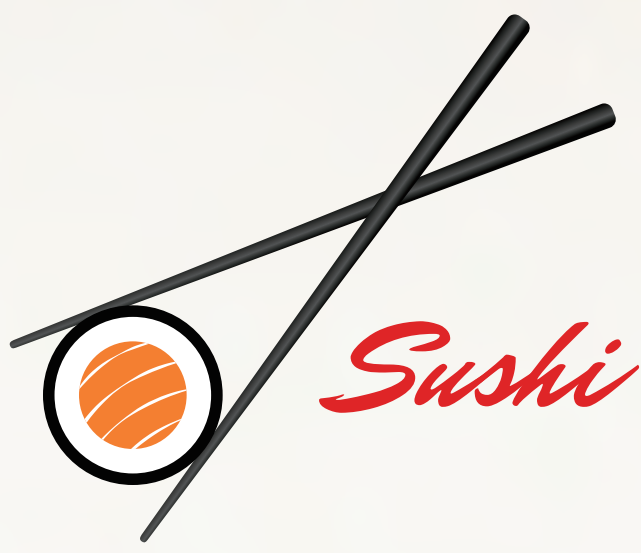
Flip the nori over with both hands.

Place the eel strips in a single line toward the bottom of the nori sheet. Add the cucumber and omelet alongside.

Lift up the closest edge of the mat with your thumbs and index fingers. Place your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. Then lift the front of the mat slightly and push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

Remove the roll to dry on the cutting board, then cut each roll into 8 - 10 pieces with a sharp, wet knife.

Repeat to make one more roll.



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Contact Us:

Manufacturer:	Shenzhen Delamu Co.Ltd.
Email:	Support@delamuoofficial.com
Web:	www.delamuoofficial.com
Tel:	(86)755-82496562
Address:	GZL Tech Park, Longhua Rd, Qinghua St No.6, ShenZhen, China



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