



Japanese Cooking Class



日本料理教室

Today's lineup

1. How to cook rice

ご飯の炊き方



2. How to make Sushi rice

すし飯の作り方



3. How to cook fried egg rolls

厚焼き玉子の方



4. How to make Sushi rolls

巻き寿司の作り方



How to make Sushi rice



Ingredients

1. Cooked Japanese rice : 2 cups
2. Rice vinegar : 3 tbsp
3. Sugar : 3 tbsp
4. Salt : 1/2 tbsp

Instructions

1. Mix rice vinegar, sugar and salt.
2. Pour the mixture over the rice while it's hot.
3. Mix the rice.
4. Cool the rice by using a paper fan. This step prevents the grains from sticking together.
5. Let the rice cool down to the room temperature before using.



Rice vinegar

How to make Sushi rolls

Ingredients : 4 rolls

1. Sushi rice : 2 cups
2. Seaweed : 4 sheets
3. Cucumber : 1
4. Fried Egg roll : 1
5. Crab stick : 4 sticks
6. Tuna mayonnaise : 1 canned tuna, 4 tbsp mayonnaise
7. Shiso leaves (Perilla) : 4
8. Smoked salmon : 150g



Shiso leaf
(Perilla)



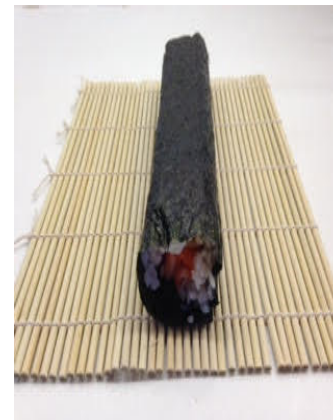
Seaweed
(Sushi Nori)

Instructions

1. Place one seaweed sheet on the bamboo mat and thinly spread the Sushi rice.
2. Place the prepared ingredients on the lower centre of the rice.



3. Lift the bottom of bamboo mat to cover the ingredients. Once you cover them, roll up the seaweed to the top. Put some rice pieces at the edge of the seaweed to stick it together.
4. Tighten the Sushi roll again with your bamboo mat to give it a firm shape.
5. Cut the Sushi roll into bite size pieces.



How to cook rice



Ingredients

1. Japanese rice : 2 cups (1 cup is about 150g)
2. Water : 360ml



Japanese Rice

Instructions

1. Measure out the rice and pour into the pot.
2. Wash and rinse the rice a few times until the water becomes clear. Drain the water. (Removing as much surface starch as possible ensures that the cooked rice is not too sticky.)
3. Now measure the water. For 2 cups of uncooked rice, you need 1.5 cups of water.
4. Let the rice soak in the water for at least 10 minutes before cooking.
5. Put the lid on and bring to a boil over high heat.
6. Once boiling, reduce the heat to low and let it simmer for about 5 more minutes. Turn the heat up again for 30 seconds to remove excess moisture.
7. Remove the pot from the heat and let it rest for 10 minutes with the lid still on.



How to cook Japanese egg rolls

Ingredients

1. Medium eggs : 4
2. Sugar : 1 tbsp
3. Soy sauce : 1 tbsp

Instructions

1. Slightly beat the eggs and mix everything together.
(Don't whip the mixture.)
2. Grease the pan and pour in a $\frac{1}{4}$ of the egg mixture over medium heat. When the egg mixture starts to bubble, break the bubbles with a fork or chopsticks. Roll up the egg mixture starting from the back of the pan.
3. Slide the roll to the back of the pan and pour in another $\frac{1}{4}$ of the egg mixture. Continue this step until you have one big roll.

