

# super. sushi

At the second of *HJ*'s four part cookery course, Chef Wah of Tokio Joe makes California Roll, Una Kiyu Cone and Teka Maki

在「美好家居」舉辦的四部份烹飪課的第二堂上，Tokio Joe的大廚示範炮製加州卷、鰻魚卷和吞拿魚壽司

TEXT BY RACHEL AINSLEY PHOTOGRAPHY BY EDGAR TAPAN & CHESTER DY



# 超級壽司

## HOW TO MAKE SUSHI RICE:

(Serves 4)

16oz sushi rice

16oz water

150ml sushi vinegar

Wash two cups of Japanese rice. Drain once the rice is clean. Add two cups of water and cook in an electric rice cooker. Leave the rice uncovered for 15 minutes after turning off the heat. Place the cooked rice in a flat-bottomed, wooden container. While the rice is still hot, mix in the vinegar with a rice paddle and gently flip every four minutes. Do this until the rice is light and fluffy, and the flavour of the vinegar is dispersed.

### 如何炮製壽司飯

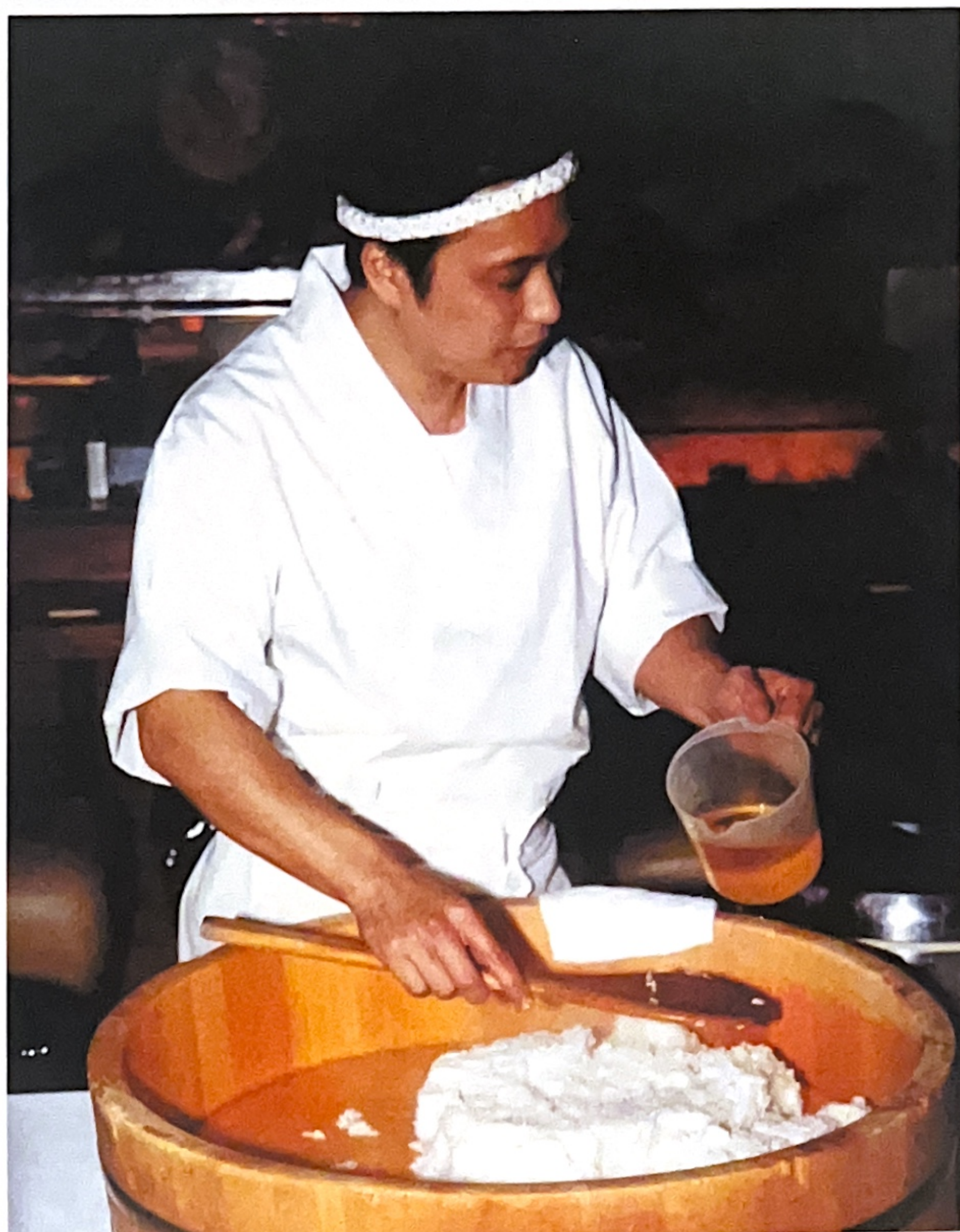
(四人份)

日本米16安士

水16安士

壽司醋150毫升

製法：洗淨兩杯日本大米。待米變得乾淨後滴乾水。加入兩杯水，將米放在電飯煲內煮。關掉電源後，打開煲蓋待用十五分鐘。把煮熟的米飯置於一個平底木容器裏。趁米飯尚熱時加入醋，用一把飯匙混合米飯和醋。設法搗涼米飯，每四分鐘輕輕挑起米飯，並緩緩加入醋，令米粒分開，不會黏結在一起。這樣做直至米飯變得輕又鬆，而且醋的味道消散。



## California Roll

(Serves 1)

100g sushi rice  
1pc crab stick  
10g cucumber, sliced  
20g avocado, sliced  
10g crab roe  
1/2 sheet Yaki Nori  
(toasted seaweed)  
Mayonnaise to taste

Mold the sushi rice into a ball and place in the centre of the nori, then spread evenly. Leave 2cm of the seaweed free at the edge. Turn over the nori. Arrange the crab stick, cucumber, avocado and mayonnaise neatly along the centre of the nori. Pick up one side and roll into a cylindrical shape with your hands. Place a food wrap onto the roll and then press firmly together with a bamboo mat. Press even the two ends of the sushi then remove the bamboo mat and food wrap. Cut the sushi roll in half, and garnish with crab roe. Cut into six small pieces.

## 加州卷

(一人份)

日本米100克  
蟹肉條1件  
青瓜10克，切片  
牛油果20克，切片  
蟹子10克  
烤紫菜1張  
日本蛋黃醬調味用

製法：將壽司飯形成一個球狀，放在烤紫菜片的中心，然後均勻地鋪開。在紫菜的邊位留出兩厘米。翻轉紫菜。沿著紫菜的中心整齊地排放蟹肉條、青瓜、牛油果和蛋黃醬。拿起一邊，把紫菜捲成一個圓柱形。用保鮮紙包住紫菜卷，然後用一個竹蓆將其壓實。把紫菜卷的兩端壓勻，除去竹蓆和保鮮紙。把壽司卷切成兩段，用蟹子裝飾。切成六小件上碟。



## Una Kiyu Cone

(Serves 1)

20g sushi rice  
20g eel  
10g cucumber, sliced  
1/2 sheet Yaki Nori  
(toasted seaweed)  
Eel sauce to taste

Cut the eel into a long, thin strip and then cook in the oven with a little eel sauce. Put on one side. Mold the sushi rice into a ball. Place in one corner of the nori, at a slight angle then spread it evenly across, leaving one corner showing. Arrange the eel and cucumber over the rice. Roll up into a cone shape.

## 錐形鰻魚卷

(一人份)

日本米20克  
鰻魚20克  
青瓜10克，切片  
烤紫菜1張  
鰻魚醬調味用

製法：把鰻魚切成一個長形薄條，加少量鰻魚醬置於焗爐內加熱。將米飯形成一個球狀，放在紫菜的其中一個角位，略呈角度，然後均勻地向對角鋪開，只留下一個角是開著的。把鰻魚和青瓜排放在米飯上。捲成一個錐形。

### SUSHI MADE SIMPLE:

- Work fast or the rice will become too sticky to mold
- Use non-flavoured seaweed
- Wet your right hand to prevent the rice sticking to it
- Keep your left hand dry and use it to seal the sushi
- Roll the seaweed tightly so the sushi stays together and stick it down with rice
- Wipe the knife with a wet cloth to prevent it sticking

### 炮製壽司須知

- 動作必須快，否則米飯變得太黏而不能形成球狀
- 選用無調味紫菜
- 把右手弄濕，以免米飯黏手
- 左手保持乾爽，用來封住壽司
- 把紫菜卷捲緊，令其與米飯黏連
- 用濕布擦拭刀，防止每切一件壽司都會黏上



## Tekka Maki (Serves 1)

70g sushi rice  
25g raw tuna  
1/2 sheet Yaki Nori  
(toasted seaweed)  
Wasabi to taste

Place the nori on the bamboo mat. Mold the sushi rice into a ball. Place in the centre of the nori, then spread evenly from left to right. Leave 1cm of the seaweed free at the edge. Arrange the tuna and wasabi neatly along the centre of the rice. Pick up one side of the seaweed to roll the sushi into a cylindrical shape. Press together firmly with the bamboo mat. Press even the two ends of the sushi, and removed the bamboo mat. Cut the sushi into six small pieces.

## 吞拿魚壽司 (一人份)

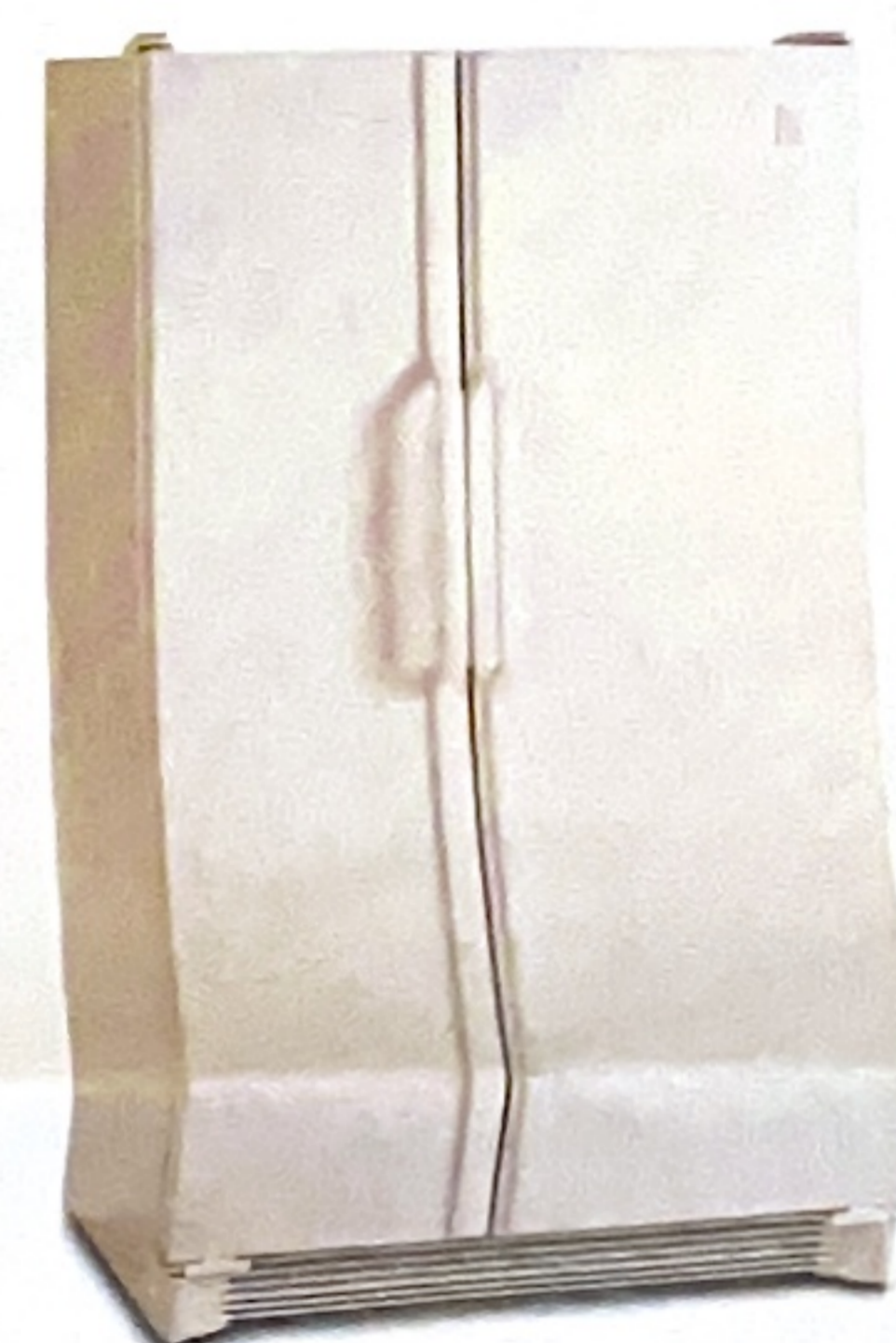
日本米70克  
生吞拿魚25克  
烤紫菜1張  
日本芥菜調味用

製法：將紫菜置於竹蓆上。把米飯形成球狀放在紫菜中間，然後由左至右均勻地鋪開。在紫菜邊位留出一厘米。將吞拿魚和芥菜整齊地沿著米飯中心排放。拿起一紫菜的一邊，將其捲成一個圓柱形，用竹蓆把紫菜卷壓實。把壽司的兩端壓勻，移去竹蓆。先把壽司切成兩段，然後切成六小件。



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[info@spacekitchen.com.hk](mailto:info@spacekitchen.com.hk)

opening hours: mon-sat 10:00 am - 6:30 pm