

# Californian Rolls

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- 5 cups uncooked sushi rice
- sushi seasoning
- dried seaweed sheets
- 1 avocado
- 2 cucumbers
- 1 carrot
- Japanese mayonnaise
- sesame seeds

## Equipment:

- rice cooker
- peeler
- chopping board
- knife
- baking tray
- bamboo sushi mat
- serrated knife

## Method:

1. Cook 5 cups of sushi rice in a rice cooker.
2. Whilst still hot, mix in the sushi rice seasoning.
3. Place rice on a large tray and let it cool to room temperature.
4. Place a sheet of seaweed (shiny side down) on a bamboo sushi mat.
5. Using wet fingers, press approximately 1 cup of prepared sushi rice, evenly over the seaweed, leaving a 2cm strip at the top.
6. In a horizontal row, near the bottom of the rice, place 1 strip each of avocado, cucumber and carrot.
7. Squeeze over a small amount of mayonnaise and sprinkle with sesame seeds. (Or whatever combination you like.)
8. Roll up in sushi mat, pressing down to make a compact roll.
9. Cut into 6 pieces.
10. Serve with a soy dipping sauce.