

AT HOME

WITH RBC



Making a specialty roll

WITH CHEF JOHN SUGIMURA



All the ingredients you need to make a delicious specialty sushi roll.

Specialty rolls

- Jumbo lump canned crab meat, drained
- Tuna filet, Ahi #1 grade
- English cucumber
- 3 cups Japanese medium grain milled rice
- 1 package of Nori
- Black roasted sesame seeds
- Sliced serrano pepper, optional garnish

Awasezu or Sushizu (Sushi rice seasoning)

based on one cup of uncooked rice:

- 30ml rice vinegar
- 17g granulated sugar
- 4g iodized salt

Spicy mayo

- 1/4 cup Kewpie mayonnaise
- 1.5 tsp rice wine vinegar
- 1 tsp Mirin
- 1 tsp Miso
- 1 tsp sugar
- 1 tsp Momiji Oroshi (Japanese red pepper)
- 1 tsp chime (Japanese one spice)

Optional

- Soy sauce
- Wasabi
- Fresh ginger

Additional tools:

- Bamboo or plastic rolling mat
- Rice cooker, optional

Step 1: Preparing ingredients

Drain excess liquid from the jumbo lump canned crab meat and add 1-2 Tbsp kewpie mayo as a binding agent.

Kewpie mayonnaise is a little different than American mayo, because it's made with only egg yolks—not whole eggs—and with rice or apple vinegar and no added salt or sugar.

Mince tuna by using the back of the spoon to scrape small pieces into the bowl as instructed in the video. Prepare spicy mayo using ingredients above and as instructed in the video. Add one teaspoon to every two tablespoons of minced ahi tuna.

Divide English cucumber into approximately 12 wedges.

Adding avocado is a nice addition or alternative ingredient.

Step 2: Preparing Gohan (Rice)

Flood 3 cups Japanese medium grain milled rice (Kokuho Rose Rice) in cold water and drain to remove loose starch; flood rice in pan with cold water, fold rice in water seven times to gently agitate to reduce starch; drain; and repeat two times. When rice is completely drained, add to rice cooker and add cold water according to instructions. Cook with dried kelp (JFC Wel-Pac Dashi Kombu Seaweed) to reduce starchy flair in rice. Cut one 3"x4" piece of dashi kombu; to eliminate bitterness wipe entire surface of dashi kombu to remove white powder from dehydration process using a moist paper towel; and submerge completely in rice and water.

Let rest covered for at least 20 minutes. When done correctly, freshly cooked rice will be drier on the top than on the bottom. It's crucial that rice be allowed to sit off the heat in order for moisture to evenly distribute.

Season rice with the Awasezu (recipe below and instructions on video) and hold hot at 180 degrees for best flavor and texture.

Preparing the Awasezu or Sushizu (Sushi rice seasoning)

Properly seasoned Japanese rice (Awase-zu) enhances the refined delicate taste and texture. The adherence of ingredient ratio is critical. Adjust stove cooktop to lowest temperature and using a three-quart stainless steel saucepan to warm rice vinegar (30ml per cup of uncooked rice) and melt granulated sugar (17g per cup of uncooked rice) and iodized salt (4g per cup of uncooked rice). Initially the mixture will be cloudy and then clear when heated evenly.

Stir using stainless steel spoon gently throughout heating to avoid over cooking. Warning, if overheated the concentrated acetic acid in vinegar will become corrosive and harmful to consume. Allow seasoning to cool. Distribute (30ml Awasezu per cup of cooked rice) evenly over the surface of rice and gently mix.

Step 3: Constructing the specialty sushi roll

Place a nori sheet on a flat, dry surface and gently spread cooked sushi rice (90g) on the sheet. Use your fingers to evenly spread the rice. To prevent rice sticking to your hands, first wet your hands with cold water or better yet, a mixture of one part water and one part rice vinegar.

Put a half sheet of nori lengthways on a cutting board. With moistened hands, transfer 90-120 grams of cooked white sushi rice to the sheet. Use your fingers to gently fluff out the rice, spreading it evenly to all four edges. Evenly sprinkle black sesame seeds on the rice for contract.

Flip the nori sheet over onto the mat, rice-side down. Using the bottom third of the nori sheet, add the cucumber as instructed in the video. Then, spoon 3 ounces of crab on top of the cucumbers

Step 4: Cutting the sushi roll

Cut a small rectangle of cling film, roughly the same size as your rolling mat. Place the cling film over the sushi roll and cover with the rolling mat. Use your fingers to compress the roll and shape.

Remove the rolling mat but leave the cling film in place. Wet the knife blade a little and slice roll into six to eight pieces. First cut the roll in half, then cut each half in thirds. Use the rolling mat to firm up the slices once more, prior to removing the cling film.

Place each slice on a plate and top with half an ounce of the spicy tuna. Garnish each piece with a serrano pepper. Enjoy with your favorite soy sauce, wasabi and fresh ginger.

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