

BINDU GOPAL RAO

As the interest in Pan Asian cuisine sees an uptick, one dish that is surely the star is sushi. Interestingly, it is the flavours and ingredients that are making sushi the first choice when trying out Japanese fare. If you love sushi and want to make it at home, we teach you some unique recipes that will have you licking your fingers.

SPICY SMOKE SALMON ROLL

Courtesy: Bhuj Tamang, sushi chef, Thal Naam

INGREDIENTS

- Sriracha sauce 2 ml
- Cream cheese 5 grams
- Smoke salmon 10 grams
- English Cucumber 7 grams
- Sushi rice 80 grams
- Rice vinegar 3ml
- Nori sheet (half)

METHOD

- Cook the sushi rice in boiling water for 20-25 minutes, then season the rice with rice vinegar, sugar and salt and keep it aside to chill.
- Then take your mat, place the nori sheet and spread your vinegared rice equally.
- After that we need to put cream cheese, the smoked salmon, sriracha sauce and a slice of cucumber in it.
- Now you tightly roll the sushi and cut it into six equal halves.
- Lastly, we garnish the roll with a mixture of smoked salmon, togarashi and additionally you can add chilli to make it spicy.
- For a restaurant-like experience, you can add pickled ginger and wasabi paste.

INGREDIENTS

- For the sushi rice*
- 2 cups sushi rice
 - 2 cups water
 - ¼ cup rice vinegar
 - 2 tablespoons sugar
 - 1 teaspoon salt

For the rolls

- 1 sheet of nori (seaweed)
- 1 ripe avocado thinly sliced
- 40 grams Philadelphia cream cheese, cut into thin strips
- 20 grams lettuce iceberg sliced
- Mayonnaise, fried sweet potato, Soy sauce, pickled ginger, and wasabi for serving

METHOD

- Place the sushi rice in a colander and rinse under cold water until the water runs clear. This removes excess starch.
- Cook the rinsed rice and water in a rice cooker, similar for about 18 minutes.
- Mix rice vinegar, sugar, and salt and pour the vinegar mixture over the rice and gently fold with a rice paddle or wooden spoon until the rice is evenly seasoned.

SCINTILLATING SUSHI

One of the most popular dishes of Japanese cuisine, sushi is seeing a resurgence in exciting new versions



SMOKED SALMON & JALAPEÑOS SUSHI

Courtesy: Chiranjib Chatterjee, senior corporate chef, Bombastic Supper Club by Ambuja Neotia

INGREDIENTS

- 1 cup Japanese sushi rice
- 6 tablespoons sushi vinegar
- 1 sheets nori (dry seaweed)
- 1 teaspoons wasabi paste
- 60 grams smoked salmon, cut into long strips
- 1 cucumber, peeled and sliced
- 5 sliced jalapeños
- 25 grams Philadelphia cream cheese

METHOD

- Soak rice for four hours. Drain rice and cook in a rice cooker with two cups of water. As vinegar will be added later the rice must be dry.
- Place one sheet of seaweed on a bamboo mat; press a thin layer of cool



rice on seaweed, leaving at least half inch top and bottom edge of the seaweed uncovered. This is for easier sealing later. Put some wasabi on rice. Now arrange smoked salmon, cucumber, and avocado, cream cheese, and jalapeños on rice about one inch away from the bottom edge of seaweed. Now slightly wet the top edge of seaweed; roll up tightly from the bottom to the top edge with the help of the bamboo mat. Cut salmon roll into five equal pieces and serve.

HIMALAYAN SUSHI

Courtesy: Vishal Dogra, chef de partie for Asian Cuisine, Araiya Palampur

INGREDIENTS

- 1 cups sushi rice
- 1.5 cups water
- ½ cup rice vinegar
- 1 tablespoons sugar
- 1 teaspoon salt
- 2 no Nori (seaweed sheets)
- Assorted fillings (cucumber, avocado, smoked salmon, cooked shrimp)
- 5 ml Soy sauce
- 3 grams wasabi
- 4 grams pickled ginger

METHOD

- Rinse the sushi rice in a fine-mesh strainer and cook until done.
- In a pan, add rice vinegar, sugar, and salt and on low heat ensure that the sugar and salt

are dissolved. Remove and let it cool slightly. Transfer the rice to a large bowl once it is cooked and gradually add the vinegar mixture to the rice, folding gently to coat each grain ensuring the rice is not washed. Take a nori sheet and place on a bamboo sushi mat or a clean kitchen towel. Spread a thin layer of sushi rice over the nori, leaving about an inch of space at the top edge. Arrange fillings in a line across the centre of the rice. Using the bamboo mat or towel, tightly roll the sushi away from you, pressing gently to shape it into a cylinder. Wet the exposed edge of the nori with a bit of water to seal the roll. Repeat and then slice the sushi rolls into bite-sized pieces. Serve with soy sauce, wasabi, and pickled ginger.



AVOCADO AND PHILADELPHIA CREAM CHEESE MAKI

Courtesy: Chef Wong, senior chef de cuisine, JW Marriott, Kolkata



- Let it cool to room temperature.
- Lay the bamboo sushi mat on a flat surface. Cover it with plastic wrap if you want to keep it clean.
- Place a sheet of nori, shiny side down, on the bamboo mat.
- Wet your hands with water to prevent sticking. Take a handful of sushi rice and evenly spread it over the nori, covering the entire sheet.
- Carefully flip the nori so the

- rice is down, and the nori side is up.
- Arrange thin slices of avocado and strips of cream cheese in a horizontal line across the middle of the nori.
- Lift the edge of the bamboo mat closest to you and start rolling it over the fillings, pressing gently to keep it tight. Continue rolling until the entire nori sheet is rolled up.
- Arrange sliced avocado on top

- the outside of the roll. Use a bamboo mat to press gently to keep it tight.
- Use a sharp knife to slice the roll into 5-8 pieces. Wet the knife with water between cuts to prevent sticking. Garnish with mayonnaise and fried sweet potato.
- Serve the avocado and Philadelphia cream cheese maki rolls with soy sauce, pickled ginger, and wasabi.

TAKUWAN & ASPARAGUS CREAM CHEESE SUSHI ROLL

Courtesy Chef Ashish Kadam, Novotel Mumbai International Airport



INGREDIENTS

- Sushi Rice
- Nori Sheets 1 Pc
- Takuwan (Pickled Daikon Radish) Finger Sized Thinly Sliced
- Asparagus Spears 2 No. Blanched
- Cream Cheese ¼ Cup
- Hazikami (Shredded Pickled Ginger)
- Pickled Gari (Sushi Ginger)

- Wasabi to taste
- Kikkoman Soy sauce to taste

For the Sushi Rice:

- Sushi Rice (Short-Grain Japanese Rice) 2 Cups
- Water, Plus Extra for Rinsing 2 Cups
- Rice Vinegar ¼ Cup
- Sugar 2 Tablespoons
- Salt 1 Teaspoon

METHOD

- Cook sushi rice according to package instructions.
- Mix rice vinegar, sugar, and salt in a bowl, then fold into cooked rice.
- Place nori sheet on a sushi mat, spread rice evenly, leaving the top edge bare.
- Arrange fillings horizontally across rice. (Cream cheese, Takuwan, Asparagus)
- Roll tightly, seal with a dab of water, slice, and serve.

