

Make sushi



Sushi rolls are easier to make than you think. Teerapan Rinthaisong, head chef of Sumo Sushi and Bento, shows how, as well as shares a modern sushi recipe. Master the technique, then you can get creative with the fillings! Photographs ANAS CHERUR

Japanese chef Teerapan Rinthaisong, also known as Chef Tako, began his career as a sushi chef about 20 years ago. He gained his culinary experience at Sushi Tsukiji in Japan – where he worked for eight years – before joining Sumo Sushi and Bento in Dubai, in 2000.



Alaskan roll

MAKES 4 rolls **PREP** 20mins, 1 hr chilling for the sauce
COOK 20 mins **EASY**

400g sushi rice
45ml rice vinegar
2 sheets of seaweed (8x12cm), cut in half
60g tobiko (fish roe)
20g mayonnaise
100g smoked salmon, thinly sliced
60g avocado, sliced
60g store-bought crab sticks, cut in half, lengthwise

FOR THE SPICY SAUCE

500g mayonnaise
50g tongarashi spice mix
3 tbsp Tabasco

FOR THE TEMPURA BATTER

1kg of tempurako flour
700ml water
500ml vegetable oil, for frying

YOU WILL NEED

A bamboo mat covered in clingfilm

- 1 Boil the rice for 20 mins and set aside to cool. Mix the rice vinegar in and set aside (Step 1).
- 2 Mix the sauce ingredients together and chill for 1 hr.
- 3 Place the seaweed sheet onto a bamboo mat and add the rice on top (Step 2). Cover the seaweed sheet with the rice (Step 3) and spread the tobiko all over (Step 4).
- 4 Carefully turn the seaweed sheet over, and add the mayonnaise (step 5). Place the smoked salmon, avocado and crab sticks (Step 6).
- 5 Roll the bamboo mat over and press firmly (Step 7). Roll again and then take out the bamboo mat (Step 8).
- 6 Cut in half, and then cut again to make six pieces (Step 9).
- 7 To make the tempura, mix the tempurako flour with water. Heat the oil, sprinkle the batter into it and fry for 1-2 mins, until crispy. Place the tempura on a kitchen towel.
- 8 Sprinkle the tempura bits over the sushi roll and drizzle the spicy sauce all over. Serve the sushi with wasabi and ginger.

PER SERVING 530 kcal • protein 34g • carbs 34g
• fat 27g • sat fat 9g • fibre 5g • sugar 11g • salt 17g



1 Mix the vinegar with the rice to make a sticky mixture.



2 Take a handful of the rice mixture and make a flat round ball, about the size of a tennis ball.



3 Carefully place the round ball of rice down on the seaweed sheet, and spread out lengthwise, then flatten all over to cover the seaweed.



4 Spread the tobiko on top.



5 Turn the seaweed sheet over – the rice sticks to it, so it won't fall off – and add the mayonnaise in a line along the centre.



6 Add the smoked salmon, crab sticks and avocado over the mayonnaise.



7 Roll the bamboo mat, starting from the end closest to you, so that the rice sheet covers the crab and avocado filling.



8 Press the roll firmly with both hands, and roll again away from you so becomes completely covered by the mat. Remove the bamboo mat carefully (it shouldn't stick to the roll).



9 Carefully cut the sushi roll with a sharp knife, to make six pieces.