



Sushi Sandwich (Onigirazu)

SNACK OR LIGHT MEAL

Recipe makes 3-4

Ingredients:

Sushi rice:

- Sushi Rice: 1 cup (1 cup water to cook rice)
- Turmeric: ¼ teaspoon
- Rice wine vinegar: 2 tablespoons
- Salt to taste
- Water: 1 cup (the ratio of sushi rice to water is 1:1)

Tofu:

- Firm tofu: 300 grams/10 ounces
- Sweet Paprika: 2 tablespoons
- Maple Syrup: 2 tablespoons
- Garlic: 2-3 cloves (chopped/crushed)
- Salt to taste
- Water: 5 tablespoons to create the paste

Pickled Carrot:

- Carrot: 1
- Rice wine vinegar: 2 tablespoon
- Maple syrup: 1 tablespoon

Other fillings/ingredients:

- Roast Red Capsicum/Bell Pepper
- Avocado: sliced lengthwise
- Dijon Mustard: quantity based on your preference
- Nori (seaweed sheets) for sushi 3-4 sheets

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Method:

The first step is to marinate the tofu. Add the sweet paprika, maple syrup, garlic, salt and water to a bowl and mix to create a paste. Cut your firm tofu into 1 inch-sized pieces, coat the tofu in the mix and allow to marinate for at least 2 hours (overnight is preferable).

The next step is to prepare and cook the sushi rice. We will need to wash the rice - in the recipe video I washed my rice 5 times and this removed a reasonable amount of the excess starch. There is still some cloudiness remaining however you will see in the finished product that washing the rice does make a significant difference in the texture - the rice is perfectly sticky and not gloopy. When adding salt to your rice remember that the water and any ingredients added to the water will be fully absorbed into the rice so ensure you don't over-salt your rice.

Add your washed rice, turmeric powder, salt and water to a pot then bring to a boil. As soon as it comes to a boil, place it on the lowest heat setting on your stove and allow to cook for a further 10 minutes. Once cooked add the rice wine vinegar and stir gently to coat the rice.

For the roasted red capsicum/bell pepper: Simply slice down the centre, remove the seeds and place cut-side-down on non-stick baking paper. Bake at 180 degrees Celsius/355 degrees Fahrenheit for 30 minutes or until blistered and blackened on the outside as shown in the recipe video. Place your marinated tofu pieces in the oven at the same temperature and cook for 10-15 minutes. Once your capsicum is cooked, place in a bowl with a cover and allow to cool for 10-15 minutes. The residual steam/heat from the bell peppers will make it easier to remove the skins. Remove the skins, I find it easiest to do this with clean hands, you can also use a fork and tongs if you prefer.

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Pickled Carrot:

In our home, we love pickled carrot in our sushi and this is a very easy and quick version. If you prefer having fresh carrot in your sushi sandwich(Onigirazu) then leave this step out. Simply peel the outside skin of the carrot, then using the same vegetable peeler continue to shave the carrot, creating ribbons. In a bowl add your rice wine vinegar and maple syrup, mix, then coat your carrot ribbons in the dressing. Allow to marinate for at least 20 minutes.

Assembly:

First, on cling wrap, place a piece of nori, ensure that the glossy side is facing down and the ingredients are placed on the textured side.

You can either stack your layers directly on the nori sheet or for a tidier finish use a container that is square and fits in the centre of the nori sheet with enough overhang for the seaweed to be wrapped around it. The first layer will be sushi rice, then a generous amount of dijon mustard, followed by a layer of roasted capsicum, pickled carrot, avocado slices, tofu then another layer of sushi rice. If using a container, place the stacked ingredients in the centre, whilst the nori is on a diagonal (refer to recipe video) bring in the corners to create a parcel then wrap in cling wrap and rest for a couple of minutes to allow nori to soften slightly.

With a slightly wet knife, slice down the centre of the Onigirazu and enjoy.

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