

Guide til sushi

KFUM d. 18/2-20

HOW TO MAKE SUSHI ROLLS



COOK RICE



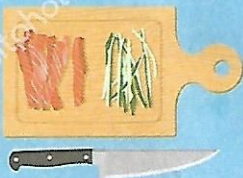
MIX VINEGAR, OIL,
SUGAR AND SALT



COOK UNTIL
SUGAR DISSOLVES



STIR INTO RICE



PREPARE FILLINGS



PUT NORI ON
BAMBOO MAT



PUT RICE
WITH WET HANDS



SPREAD RICE
OVER THE NORI



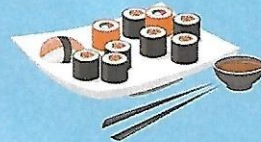
LAY THE FILLING



ROLL THE BAMBOO
MAT AND PRESS

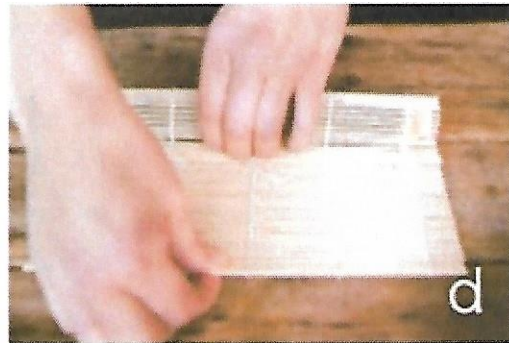


CUT WITH
WET KNIFE

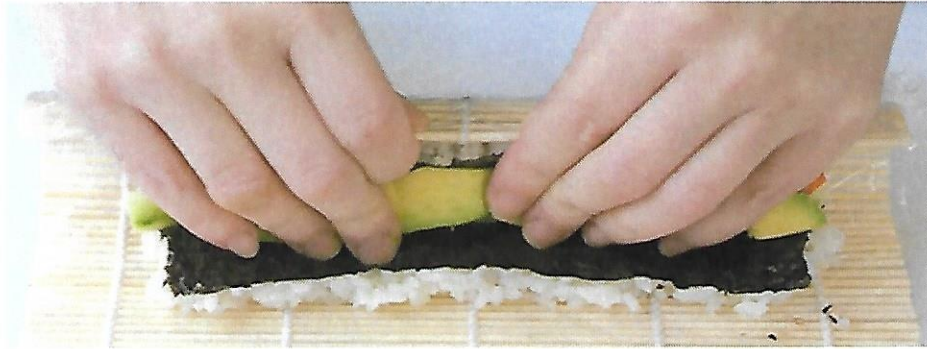
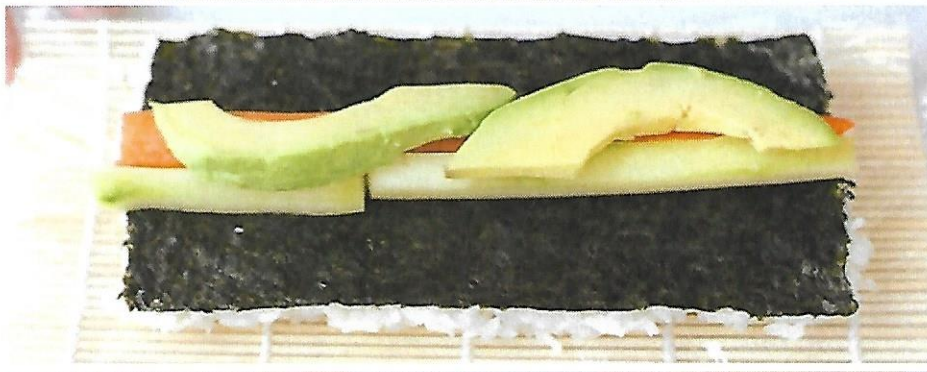


ENJOY!

Futo maki

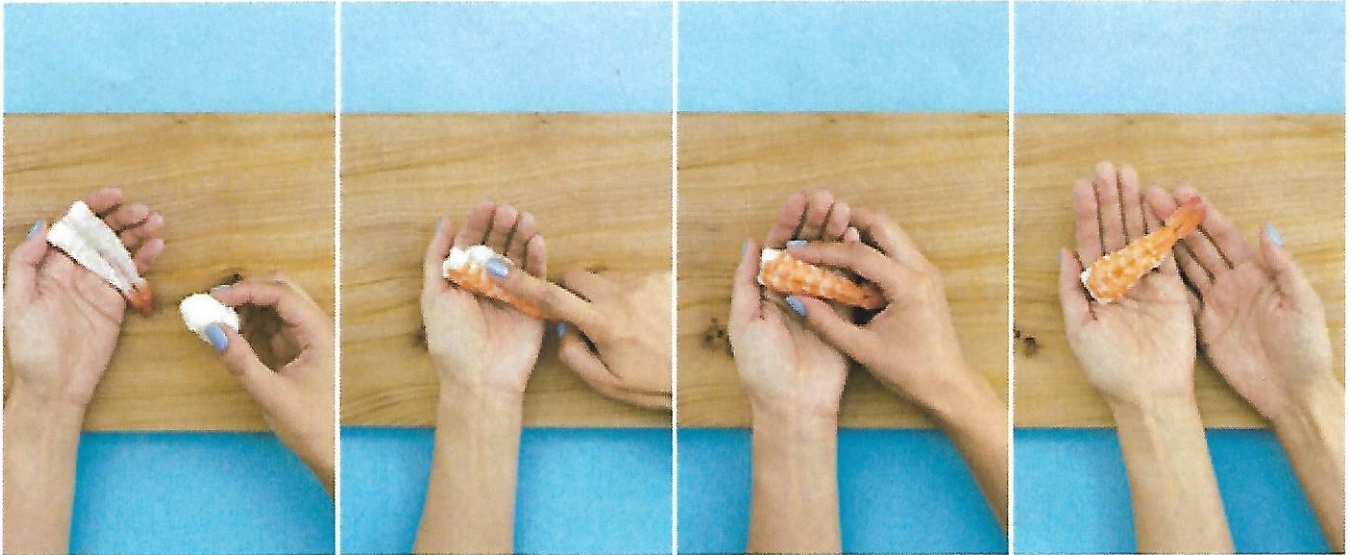


Uramaki



Nigiri

OBS – hav gerne en skål med vand ved siden af, dine hænder skal være lettere våde, således at risen ikke klister.



Rispapir

