

**USA RICE ON THE  
WORLD WIDE WEB**

Everything you want to know about rice is just one click away, at [www.usarice.eu](http://www.usarice.eu) where you'll find up to date information, news and recipes about U.S. rice.

Recipes, tips and cooking demonstrations can also be found at [www.menurice.com](http://www.menurice.com)

If you are interested in American rice and have any further questions, then please contact us. Staff at the USA Rice Federation are always available to answer questions on the various aspects of American Rice.



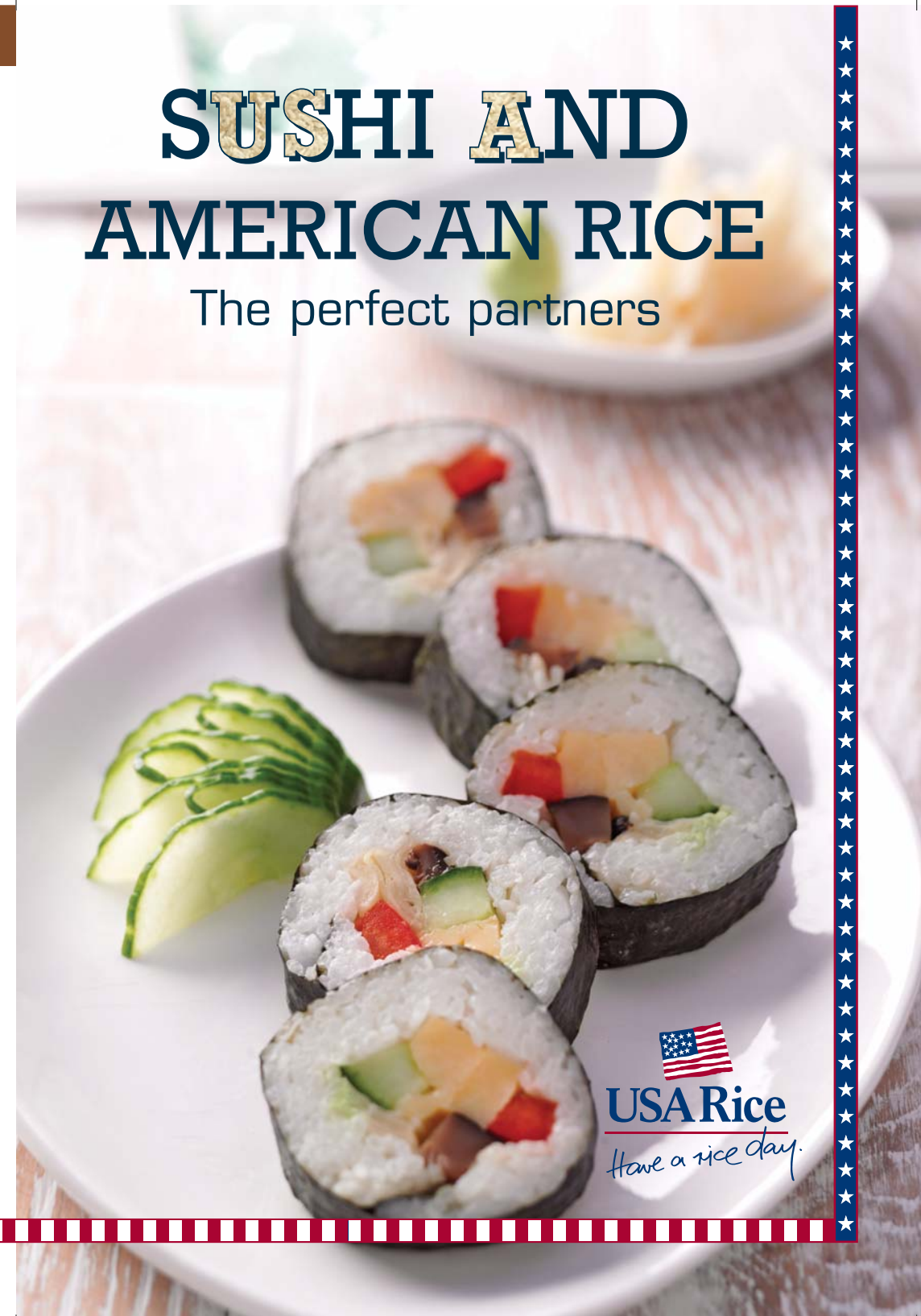
**Our address is:**

USA Rice Federation  
Wichmannstraße 4  
Haus 5 Sued  
22607 Hamburg  
Germany  
Tel: +49 40/45 03 86 60  
Fax: +49 40/45 03 86 66  
E-Mail: [customer@usarice.com](mailto:customer@usarice.com)

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# SUSHI AND AMERICAN RICE

The perfect partners



YOU PROBABLY DON'T THINK OF AMERICA WHEN YOU THINK OF SUSHI, BUT PREMIUM QUALITY CALIFORNIAN RICE IS USED IN SUSHI RESTAURANTS ALL OVER THE WORLD.

CHINA WAS PROBABLY THE FIRST COUNTRY TO CREATE A FORM OF SUSHI, ALTHOUGH VERY DIFFERENT TO WHAT WE KNOW TODAY, WHERE RAW, SALTED FISH WAS COATED WITH COOKED RICE TO PRESERVE IT. BUT THE FORM OF SUSHI WE KNOW TODAY ORIGINATED IN JAPAN ABOUT 200 YEARS AGO.

THE MAIN INGREDIENTS USED IN SUSHI ARE RICE, *SU* (RICE VINEGAR), *NORI* (SEAWEED) AND AN ASSORTMENT OF THE FRESHEST, THINLY SLICED RAW FISH, *SASHIMI*. IT'S LOW IN FAT AND CALORIES AND THE FISH ENSURES THAT IT'S HIGH IN OMEGA-3 FATTY ACIDS.

THE TERM SUSHI ACTUALLY MEANS SOUR AND REFERS TO THE VINEGARED RICE NOT THE RAW FISH, SO GREAT SUSHI STARTS WITH MAKING GREAT RICE. RICE IS THE MOST IMPORTANT INGREDIENT IN SUSHI MAKING, WITHOUT WELL-PREPARED RICE EVEN THE BEST SUSHI MAKING CAN SUFFER.

IT IS ESSENTIAL that the correct variety of rice is used when making sushi, ensuring that the perfect consistency and 'sticky' quality is achieved.

American sushi rice is one of the world's healthiest foods and over 95% of the rice varieties grown in California are classified as 'premium' medium and short grain – the sushi rice of choice.

Using premium quality rice will also reflect on the quality of the sushi, and that's why using Californian sushi rice is ideal for all types and styles of sushi making.

Also rice is the cheapest of the sushi ingredients, as well as the most important, therefore it is worth paying a little more for premium Californian rice to ensure the highest quality sushi for you and your customers.



Consistency is the key in learning to make good sushi rice, that's another reason why using premium quality Californian rice is important in ensuring the best results every time.

The 'sticky' characteristic of sushi rice is due to the high percentage of starch in the rice when compared to long grain rice varieties. Whilst these other varieties lose their excess starch with a rinse in cold water, sushi rice will always remain sticky.

**WHAT'S NEEDED**

- Large bowl
- Heavy saucepan with a tight-fitting lid
- Towel
- Sharp knife
- Wooden rice paddle



- Small saucepan
- Electric fan
- Two x 5cm deep, full hotel pans, or other flat pans

**CLASSIC SUSHI RICE (FOR ABOUT 130 NIGIRI/MAKI SUSHI)**

A master sushi chef at the Culinary Institute of America in California taught us this authentic recipe. It takes time, but the results are exceptional. Please visit our website [www.menurice.com](http://www.menurice.com) for a live cooking demo showing this described preparation of sushi rice.

**Ingredients**

- 1kg U.S. sushi rice
- About 1.3 litres of water, depending on the rice brand you use
- 2g kombu (dried kelp, a form of seaweed that grows near Hokkaido island)
- 110g sugar
- 2 tbsp sea salt
- 220 ml rice wine vinegar

**Method**

1. Place the rice in a large bowl and cover with cool water. Gently stir the rice to release its starch; drain. Repeat 5 times with clean water,



- until the water remains clear when the rice is stirred. Be careful not to break the rice, especially in the later washings when the rice will become more delicate. Cover with cool water and set aside for 1 hour. Drain the rice well and combine the rice and the measured water in a heavy saucepan with a tight-fitting lid. Bring to the boil over medium heat. Increase heat to high for 2 minutes, then turn down to medium and cook for 5 minutes. Reduce heat to very low and cook for 12 minutes until all of the liquid is absorbed. Remove from heat, wrap pan in a towel and set aside for 10 minutes.

2. Score the kombu with a knife in a few places to release its flavour. Wipe the kombu with a damp cloth to remove any grit, be careful not to wipe off all the dried sea salt.

Combine the sugar, salt, vinegar and kombu in a small saucepan. Warm over low heat, stirring to dissolve the salt and sugar. DO NOT let mixture boil. Cool to room temperature; remove kombu.

3. Set an electric fan on medium. Transfer the rice to two x 5cm deep full hotel pans and set in front of the fan. Drizzle half the vinegar mixture over one pan of rice and, using a wooden rice paddle, cut and fold the rice with horizontal strokes to cool the rice and incorporate the vinegar mixture. Continue until the rice has cooled to slightly warmer than room temperature and has taken on a shiny appearance; repeat with remaining rice. When finished, combine the rice in one pan; cover and use for making the perfect sushi.



#### TIPS FOR SUSHI MAKING

- Use only U.S. grown short or medium grain rice.
- Toast the seaweed (nori) first to crisp it and heighten its flavour.
- Keep your hands moistened with vinegared water while working with the rice to keep it from sticking.
- Be sparing with the wasabi you put between rice and fish on nigiri sushi. You don't want to mask the flavour of the rice.

#### PRESENTATION

The presentation of sushi follows three rules: Colour, Flavour and Texture.

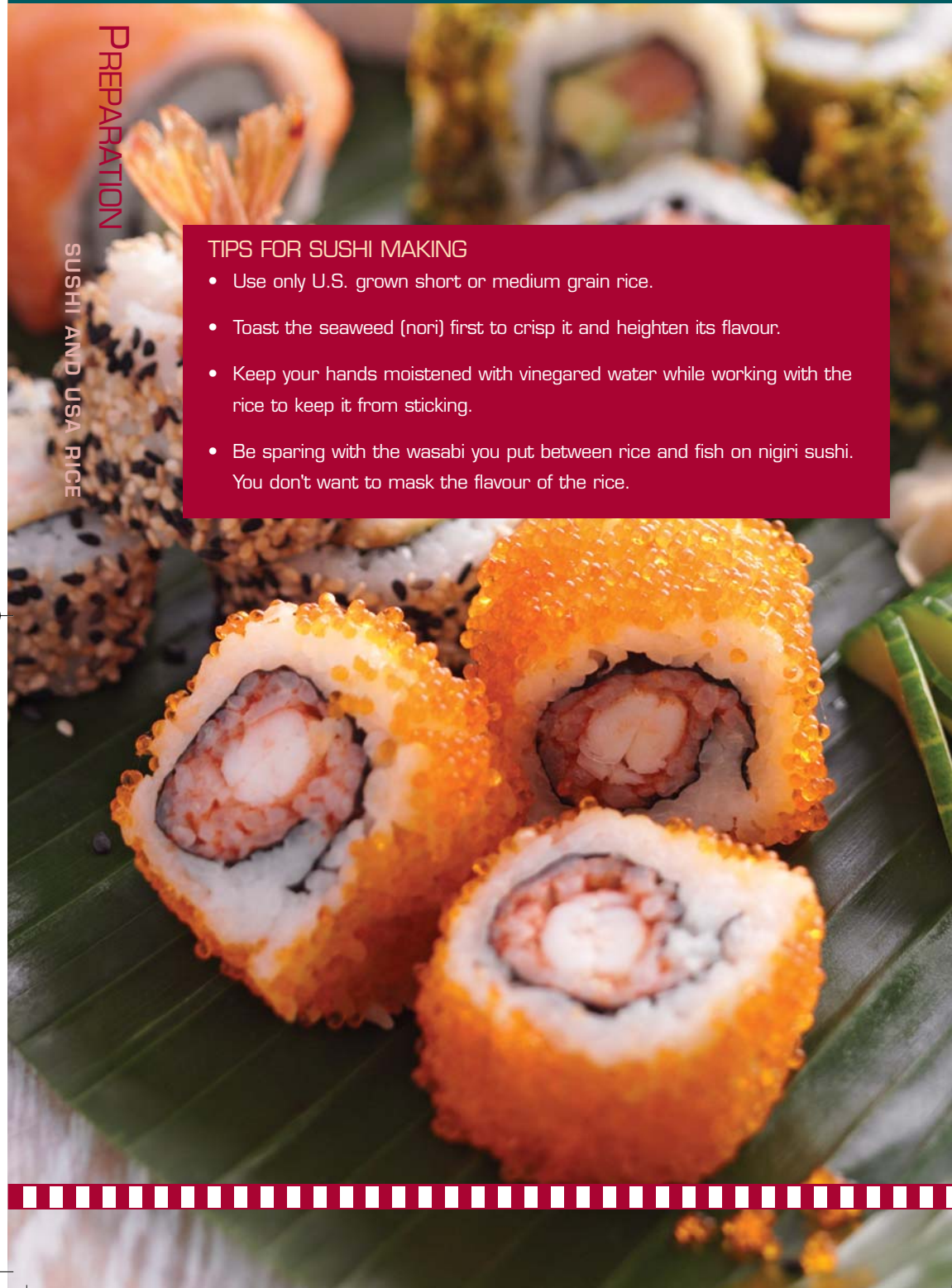
Try to pick contrasting colours to ensure that the sushi dish appears vibrant and exciting, experiment with different vegetables and fish to give different textures and think of various spices to give added flavours.

Ingredients can be crunchy, soft or chewy—be as creative as you want to be, you might even want to include certain types of nuts or seeds.

Simplicity is the key to good presentation, don't over-laden the plate, it takes away the focus from the sushi. And remember, the ingredients should be of the highest quality.

Over the next few pages are some recipes we'd thought you might like to try. If you would like any more recipes or information on American sushi rice then contact us at the address on the back of this brochure.

Happy sushi making.





### SPRINGROLL SUSHI

(California Roll with Salmon and Avocado)

Serves: 4 Rolls, approx. 32 pieces

#### Ingredients

- 1 Avocado
- 150g very fresh salmon fillet
- 2 sheets of dried seaweed (Nori)
- 500g prepared USA sushi rice (please see basic recipe)
- Wasabi paste
- 80g chopped pistachio kernels
- Wasabi paste and pickled ginger to serve

#### Instructions

1. Peel avocado and cut it into 12 strips. Also cut the fish fillet into 12 strips, both approx. 7 cm long each.
2. Cut Nori sheets into halves. Cover a bamboo mat with plastic wrap. Place half a sheet of Nori on it. Spread with approx. 120g of USA sushi rice and press it. Then turn it over so that the Nori is placed on top. Spread Wasabi paste thinly on a third of the Nori sheet. Place 3 strips each of avocado and salmon lengthwise.

3. Roll the bamboo mat forward, pressing the ingredients inside. Press the mat firmly and remove the rolled sushi.

4. Spread pistachios on a plate. Turn the sushi roll over until it is covered with pistachios.

5. Cut the roll into 8 pieces, always wiping the knife with a wet cloth before slicing.

Repeat with remaining ingredients.

6. Serve with Wasabi paste and pickled ginger.

#### Nutrient content per piece:

approx.  
60 kcal/250 kJ  
2g protein  
3g fat  
6g carbohydrate

**Preparation time:** 40 minutes approx. (excludes waiting time)

### 4 SEASONS FUTO-MAKI

(Futo-Maki with omelette and vegetables)

Serves: 4 rolls, approx. 32 pieces

#### Ingredients

- 2 Eggs
- Salt, pepper
- Oil for frying
- 100g Shiitake-mushrooms
- 200g cucumber
- 50g red pepper
- 25g pickled ginger
- 4 sheets of dried seaweed (Nori)
- Wasabi paste
- 800g prepared USA sushi rice (please see basic recipe)
- Wasabi paste and pickled ginger to serve

#### Instructions

1. Mix eggs with a little pinch of salt and pepper, and prepare an omelette in a small pan with oil.
2. Fry mushrooms in oil, then drain them. Wash cucumber, cut it in half and remove the seeds. Drain ginger. Cut mushrooms, vegetables and the chilled omelette into strips.
3. Place a sheet of Nori on a bamboo mat, spread thinly with Wasabi paste. Spread 200g of USA sushi rice on it. Place strips of omelette and vegetables lengthwise.
4. Roll the bamboo mat forward, pressing the ingredients inside. Press the mat firmly and remove the rolled sushi and cut it into 8 pieces, always wiping the knife with a wet cloth before slicing.  
  
Repeat with remaining ingredients.
5. Serve with Wasabi paste and pickled ginger.

#### Nutrient content per piece:

approx.  
45 kcal/190 kJ  
1g protein  
1g fat  
8g carbohydrate

#### Preparation time:

approx.  
45 minutes  
(excludes waiting time)





### SUNSHINE SUSHI

(Nigiri-Sushi with mango)

Serves: approx. 15 pieces

#### Ingredients

- 1 mango
- Wasabi paste
- 450g prepared USA sushi rice (please see basic recipe)
- 1 sheet dried seaweed (Nori)
- Wasabi paste and pickled ginger slices to serve

#### Instructions

1. Peel mango and cut the flesh off the stone. Slice flesh into 15 thin (approx. 3 x 5 cm) pieces.
2. Spread mango pieces thinly with Wasabi paste.
3. Take one tablespoon (approx. 30g) of the USA sushi rice and form it into a long dumpling. Press one piece of the mango with the Wasabi-side on it.

4. Slice the seaweed into 15 strips and tie the strips around the sushi like a "belt".

Repeat with remaining ingredients.

5. Serve with Wasabi and pickled ginger.

#### Nutrient content per piece:

approx.  
55 kcal/230 kJ  
1g protein  
0g fat  
13g carbohydrate

#### Preparation time:

approx.  
30 minutes  
(excludes waiting time)

### BLACK & WHITE SHRIMP ROLLS (California Rolls with deep fried prawns)

Serves: 4 Rolls, approx. 32 pieces

#### Ingredients

- 1 egg yolk
- 40g flour
- 1/2 teaspoon of salt
- 8 prawns (10–15g each)
- Flour for coating
- Oil for deep frying
- 2 sheets of dried seaweed (Nori)
- 500g prepared USA sushi rice (please see basic recipe)
- Wasabi paste
- White and black sesame seeds (40g each)
- Wasabi paste and pickled ginger slices to serve

#### Instructions

1. Prepare a tempura batter from egg yolk, wheat flour, salt and 60–70ml ice water and let it swell.
2. Coat the prawns with flour, then dip them in the tempura batter and fry them in the hot oil in a deep fryer. Allow the excess oil to drain on kitchen paper.

3. Cut Nori sheets into halves. Cover a bamboo mat with plastic wrap. Put half a Nori sheet on it. Spread approx. 120g of USA sushi rice on it and press it. Then turn it around, so that the Nori is on top. Spread Wasabi paste thinly on a third of the Nori sheet. Place 2 prawns lengthwise on it.

4. Roll the bamboo mat forward, pressing the ingredients inside. Press the mat firmly and remove the rolled sushi.

5. Pour the white and black sesame seeds in lengthwise strips on a plate. Turn the sushi-roll over until it is covered with sesame seeds.

6. Cut the roll into 8 pieces, always wiping the knife with a wet cloth before slicing.

Repeat with the remaining ingredients.

7. Serve sushi warm with Wasabi paste and pickled ginger.

#### Nutrient content per piece:

50 kcal/210 kJ  
2g protein  
2.5g fat  
6g carbohydrate

#### Preparation time:

45 minutes  
(excludes waiting time)





**WHITE 'N RED MAKI**  
(Maki with fried halibut)

Serves: 6 rolls, approx. 36 pieces

**Ingredients**

- 150g fresh Halibut fillet
- 50-75ml Teriyaki sauce
- Oil for frying
- 1 red pepper
- 3 sheets of dried seaweed (Nori)
- Wasabi paste
- 725g prepared USA sushi rice (please see basic recipe)
- Wasabi paste and pickled ginger slices to serve

**Instructions**

1. Slice fish fillet into strips and marinate them in the Teriyaki sauce for 30 minutes.
2. Drain the fish slices and fry them in hot oil for 1 minute, then dry off on kitchen paper.
3. Clean the pepper and cut into small strips.

**Nutrient content per piece:**

approx.  
40 kcal/170 kJ  
2g protein  
0.5g fat  
7g carbohydrate

**Preparation time:**

40 minutes  
(excludes waiting time)

4. Cut the seaweed sheets in halves. Put one half sheet on top of a bamboo mat and spread Wasabi paste thinly on it. Spread approx. 120g USA sushi rice over it and place the fish and the pepper strips lengthwise on it.

5. Roll the bamboo mat forward, pressing the ingredients inside. Press the mat firmly and remove the rolled sushi and cut into 6 pieces, always wiping the knife with a wet cloth before slicing.

Repeat with remaining ingredients.

6. Serve with Wasabi paste and pickled ginger.

**SUNSET SUSHI**  
(Salmon California roll with cucumber)

Serves: 4 Rolls, approx. 32 pieces

**Ingredients**

- 200g cucumber
- 2 sheets of dried seaweed (Nori)
- 500g prepared USA sushi rice (please see basic recipe)
- 100g cream cheese
- 300-400g of fresh salmon fillet
- Wasabi paste and pickled ginger to serve

**Instructions**

1. Wash cucumber, cut it in two lengthways, remove seeds and cut into strips.

2. Cut Nori sheets into halves, cover a bamboo mat with plastic wrap. Put a half sheet of Nori on it. Spread approx. 120g of USA sushi rice on it and press firmly. Then turn it over, so that the Nori is on top. Spread cream cheese on the piece of Nori, put strips of cucumber lengthwise on it.

3. Roll the bamboo mat forward, pressing the ingredients inside. Press the mat firmly and remove the rolled sushi.

4. Cut salmon into pieces (approx. 5 x 22 cm) and place them on top of the sushi roll.

5. Cut the roll into 8 pieces, always wiping the knife with a wet cloth before slicing.

Repeat with remaining ingredients.

6. Serve with Wasabi paste and pickled ginger.

**Nutrient content per piece:**

approx.  
50 kcal/210 kJ  
3g protein  
2g fat  
5g carbohydrate

**Preparation time:**

approx. 30 minutes  
(excludes waiting time)

