

Seasoned Sushi Rice

Courtesy of [Sushi-San](#), Chicago

INGREDIENTS

1 liter (about 4 cups) short-grain sushi rice (preferably Koshi rice)
1.25 liters (about 5 cups) cold water, plus more for rinsing
136 grams (about 1/2 cup) grain vinegar
64 grams (about 5 Tbsp.) granulated sugar
32 grams (about 2 Tbsp.) fine sea salt

METHOD

1. In a large bowl, gently rinse the sushi rice with cold water and drain. Repeat 2 more times.
 - 2 a. Add the rice to a rice cooker along with the measured water. Cook the rice for 45 minutes. OR
 - 2 b. If using a pot and stove, increase water to 6 cups. Bring to boil on high, cover and reduce heat to low, cook on low for 45 minutes, let rest for 10 minutes. Leave top on while rice rests as well. Then begin next steps.
 3. While the rice is cooking, make the *Sushi-Su* by combining the vinegar, sugar and salt in a small bowl until the sugar and salt have dissolved.
 4. Once rice is finished cooking, spoon it into a hangiri or wide shallow bowl and drizzle with the *Sushi-Su*.
 5. Gently fold the mixture together while simultaneously fanning the rice to cool it down to 36–37°C (98–100°F), being careful not to overmix (and stop if rice begins to stick).
 6. Cover the seasoned sushi rice to maintain its temperature until ready to use.
- Chef's tip: Proper seasoning, temperature, and knowing when to stop stirring is the foundation of any good sushi rice. If you miss any of those steps it is detrimental to the quality of the end product.

Bluefin Tuna & Avocado Maki

INGREDIENTS

1 sheet toasted nori
125 grams (about 1/2 cup) seasoned sushi rice
6 slices sushi-grade tuna loin
6 slices avocado
6 slices seedless cucumber, cut into batons
Toasted sesame seeds
Coarse sea salt (Sushi-San uses Upethi salt from Bali)
Finely chopped otoro, optional

METHOD

1. On a *makisu* (bamboo sushi mat), place the nori sheet rough side up. Spread the sushi rice evenly on the nori, leaving a .6-cm (1/4-inch) border at the top. Smear the border lightly with rice to create a sealing edge.
2. Line the tuna, avocado, cucumber and chopped otoro (if using) one at a time along the center of the rice, from left to right. Sprinkle with sesame seeds and coarse salt to taste.
3. Starting from the bottom of the *makisu* sushi mat, roll the sushi upwards to the top of the mat, continuously pressing firmly on all sides to form a seal.
4. Using a very sharp knife, cut the maki roll into 6–8 equal pieces and serve immediately.