

# Making Hand-Wrapped Sushi & Inari Zushi

## Overview:

Onigiri are traditional Japanese rice balls. They are usually shaped into triangles, wrapped in crispy seaweed, and filled with delicious ingredients like salmon or tuna. They are the perfect portable snack in Japan!

## What we make

- Temaki-Zushi (Hand-Wrapped Sushi)
- Inari-Zushi

## Materials/Ingredients for Temaki-Zushi(MUST)

- Makisu Bamboo Mat (Can buy A&A)
- Cooked rice **\*Please cook rice before the class.**
- Nori Seaweed Sheet (Can buy at Cash Wise)
- Your choice of fillings (omelet, cucumber, avocado, canned tuna seasoned with mayo, salmon, tuna fish, and more)  
**\*Cut all the ingredients into thin strips.**

## Ingredients for Inari-Zushi(MUST)

- Cooked rice **\*Please cook rice before the class.**
- Seasoned fried tofu pouch (Can buy A&A)
- Sesame Seeds (Optional) **\*Mix with sushi rice beforehand**

## Help for shopping

Do you know which rice you should buy? Here are my recommendations:

- Rice (Can buy A&A in Fargo)



\* Instant cooked rice (Via Amazon)



## How to Make

In Japan, rice is measured in a unit called *go* (合).

- Amount of Raw Rice: **3 go ≈ 540ml (approx. 2 ¼ U.S. cups)**.
- Amount of Water: **600ml (approx. 2 ½ U.S. cups)**.
  - *Rule of thumb:* The water volume should be about **1.1 to 1.2 times** the volume of the rice.
- **Yield:** This makes about **1kg (2.2 lbs)** of cooked rice.
- **Servings:** This serves **4 to 6 people**, depending on how hungry everyone is!

## Step 1: Cook Rice (The Most Important Part)

1. **Rinse:** Put the rice in a bowl and swirl it with cold water. Drain immediately. Repeat 2–3 times until the water is mostly clear (it doesn't need to be perfect).
2. **Soak:** This is the "pro" secret. **Let the rice sit in the measured water for 30 minutes before cooking.** This ensures the heat reaches the center of every grain, making it fluffy rather than crunchy.

### ➤ Option A: The Rice Cooker Method

*Easy and foolproof.*

1. Add the rinsed rice to the inner pot.
2. Add water to the **"3" line** on the scale inside the pot.
  - *Note: If your cooker doesn't have a scale, use the 600ml of water mentioned above.*
3. Close the lid and hit **Start**.
4. Once it beeps, **let it "steam" for 10 minutes (don't open the lid yet!).**
5. **Fluff:** Use a spatula (shamoji) to gently fold the rice from the bottom to release excess moisture.

### ➤ Option B: The Stovetop Method

*Perfect if you don't have a rice cooker. Use a heavy-bottomed pot with a tight lid.*

1. **Boil:** Place the soaked rice and 600ml of water in the pot. Bring to a boil over **medium-high heat**.
2. **Simmer:** Once boiling, turn the heat down to **low**. Cover with a tight lid and cook for **12–15 minutes**. **Do NOT peek! You need that steam trapped inside.**
3. **The Final Blast:** Turn the heat to high for exactly 10 seconds at the very end to burn off any remaining moisture at the bottom.
4. **Rest:** Turn off the heat and let the pot sit (lid on!) for **10–15 minutes**.
5. **Fluff:** Open, fold the rice gently, and enjoy.

## 💡 Pro-Tips for Success

- **Use Cold Water:** Starting with cold water results in a sweeter, better texture.

- **Don't over-wash:** Modern rice is quite clean; if you wash it too much, you'll lose the aroma.
- **The "Knuckle" Trick:** If you lose your measuring cup, the water level should be about one "knuckle" deep (up to the first joint of your index finger) above the leveled rice.

## Step 2: Make Sushi-Rice

### Simple Sushi Rice Recipe

#### Ingredients:

- 2 cups of cooked warm rice
- 2 tbsp rice vinegar
- 1 tbsp sugar
- 1/2 tsp salt

#### Instructions

1. **Prepare the Sushi Vinegar:** In a small bowl, whisk together the rice vinegar, sugar, and salt until the sugar and salt have completely dissolved.
2. **Season the Rice:** Place the warm cooked rice in a large bowl. Pour the vinegar mixture evenly over the rice.
3. **Mix Gently:** Using a rice paddle or spatula, "slice" through the rice with a cutting motion to mix the vinegar in without mashing the grains. Use a folding motion to ensure the rice is evenly coated.
4. **Cool Down:** Let the rice cool to room temperature before using. Covering it with a damp cloth prevents it from drying out.

#### (For Temaki-Zushi)

**Step 3:** Place the nori on the bamboo mat.

**Step 4:** Place a small portion of rice on the nori. Spread it thinly with damp hands or a spoon, taking care not to crush the grains.

**Step 5:** Place the ingredients near the edge closest to you.

**Step 6:** Start rolling from the edge closest to you, keeping the roll tight so the ingredients don't fall out.

**Step 7:** Cut into small pieces.

#### (For Inari-Zushi)

### **Step 3: Prepare the Inari Pouches**

Gently open the seasoned tofu pouches. If they are very juicy, lightly squeeze them to remove some of the excess liquid.

### **Step 4: Fill the Pouches**

Take a small portion of the sushi rice and gently shape it into an oval. Carefully tuck the rice into the tofu pouch, filling it about 80-90% of the way.

### **Step 5: Seal and Shape**

Fold the opening of the tofu pouch inward to close it (or leave it open if you prefer the open style). Gently press the pouch to shape it into a neat rectangle.

# TEMAKI ZUSHI



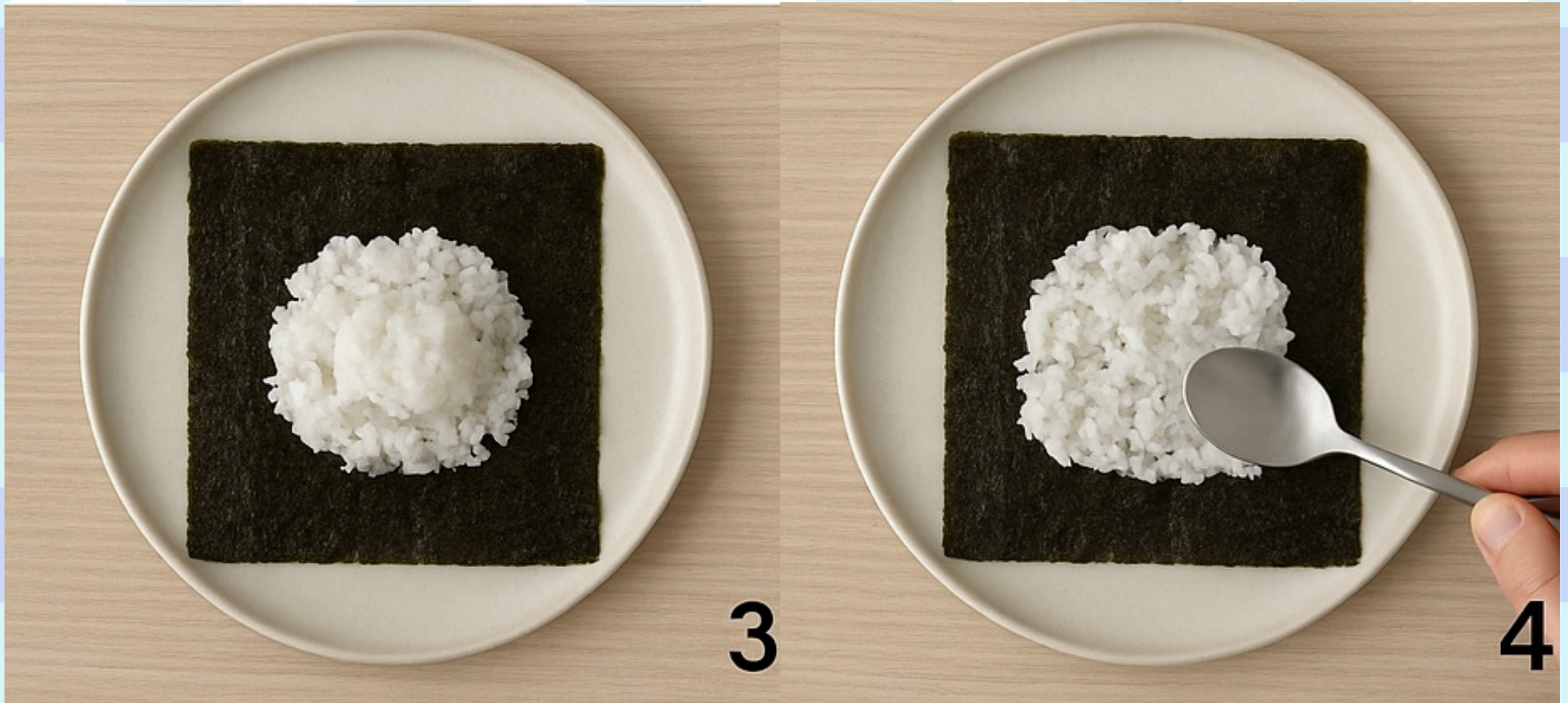
Please take a plate here.



Take a sheet of seaweed.



Scoop a small amount of rice  
and  
spread it.



Choose any  
ingredients you like.



# Wrap and enjoy!



# I NA RI ZU SHI



# Take a tofu pouch.



Scoop a small amount of rice  
and  
put it inside the tofu Pouch.

