

## Making Your Sushi



Prepare your sushi ingredients and place them within easy reach of your preparation area. Remove both end caps from the SushiQuik and roll open the mat.

*Tip: See recipe for making the perfect sushi rice.*



Lay the mat flat on the base by connecting the mat into either of the connecting points which are located on top of the base at each corner.

*FYI: The connecting points in the middle of the base are used to present/store the rolled up mat as seen in Step 1, and the other is used when transforming the SushiQuik into a tortilla roller.*



Place your nori sheet or any other rolling wrapper onto the base. Place the training frame on top of the nori sheet making sure the open line under the word "TOP" is vacant and that the nori sheet is not showing. If the nori sheet is showing, bring it down a bit until the line is free.



Spread the sushi rice onto the nori sheet using the rice paddle or wet fingers. Be sure to use the height of the training frame walls to determine how much rice to place.



Once the rice is evenly spread, remove the training frame. You should have a strip of the nori sheet at the top which is rice free.



Place your ingredients onto the rice a quarter of the way away from you, making sure not to use too much as it can make it difficult to close the roll.



With your finger, wet the open area of the nori sheet.



Then place your fingers beneath the mat.



Bring the track closest to you over the roll onto the mat and tighten evenly across the roll with your fingers.



Then lift the folded track in order to be able to continue rolling.



Continue to roll until you reach the end of the stand, then tighten across the roll with your fingers.



Remove the mat from the top of your roll



Place the roll under the roll cutter and using a sharp knife, place the knife in each open area of the cutter to cut eight even pieces.

*Tip: Make sure to wet the knife every few cuts. This will lubricate the blade to allow for easier slicing.*



When complete, remove the cutter from the roll and place on serving dish.

# Cooking Rice SushiQuik Style:

(This is based on 1 cup of sushi rice making 2 cups of cooked rice)

- 1) First make sure you are using the correct type of sushi rice which is short grain sushi rice (not long grain) which is available on our site.
- 2) Before cooking your rice, we recommend that you rinse it in a bowl of water several times until the water becomes clear, and then let it strain in a colander for at least 30 minutes before cooking.

There are two ways to cook your rice: the easy way and the hard way.

## The Easy Way: Use a Rice Cooker

- 1) Buy a rice cooker and set and forget it. It will make the task a lot easier and a lot less messy; just follow the instructions that come with your cooker.

## The Hard Way: *Are you sure you want to go down this road...*

- 1) Using your stove, place 1 1/4 cups of water and 1 cup of rice in a pot, cover, and bring to a boil and boil for 4 minutes.
- 2) Reduce the heat and simmer for 15 minutes.
- 3) Turn off the heat, leave the cover on, and let the pot stand for 15 minutes.

## Ingredients for one cup sushi rice:

Once the rice is cooked remove and place it into a large bowl. Then mix in the following ingredients:  
(Remember this is based on 2 cups of COOKED sushi rice)

- 1/4 cup of rice vinegar
- 1 tablespoon of sugar
- 1/4 tablespoon of salt

After you have mixed these in, cover the rice with a warm damp kitchen towel to keep it moist until you are ready to use it.

### Notes:

Using the right ingredients is crucial, which is why we have decided to offer the best ones on our site [www.SushiQuik.com](http://www.SushiQuik.com)

### Suggested SushiQuik Fillings and Ingredients:

Remember that making sushi rolls is a lot more than just raw fish. Think of your favorite ingredients....whatever it is you can roll it!

**Vegetables:** Avocado, Carrots, Celery, Cucumber, Garlic, Red Onions, Spinach....anything you want!

**Fish:** Cooked, raw, smoked and marinated: Tuna, Salmon, Squid, Eel, Shrimp, Crab Meat, Mussels....anything you want!

**Meat:** Chicken, Pork, Beef, Game Meat....anything you want!

**Deserts:** Strawberries, Banana, Apples, Kiwi, Pears...anything you want!

**Others:** Cream Cheese, Omelet Strips, Pickled Ginger...and again anything you want to roll!

**Sauces:** As you know we designed the End Caps of the SushiQuik Kit to also be your sauce holders. Again here sky is the limit, whatever your favorite sauce is, you can use! You can definitely use soy sauce which we love to use and carry both the regular and the low sodium version on our site [www.SushiQuik.com](http://www.SushiQuik.com)

### Cleaning Instructions:

The SushiQuik Kit is made from FDA approved plastic and is dishwasher safe. We also designed it so that the tracks on the Mat are detachable for easy cleaning.

For additional recipes and videos on how to use your SushiQuik Roller, come check our SushiQuikTV on [www.SushiQuik.com](http://www.SushiQuik.com) and become a part of our community! We look forward to hearing how much fun you're having!