

Beetroot Sushi Rolls



Making sushi is so much fun. It looks impressive and yet once you've discovered how easy it is to make, you'll be making it on repeat! We're loving beetroot with cucumber and carrot right now, but try changing things up by using your favourite seasonal veg instead to create a totally unique dish!

SKILLS Bridge cutting technique, dividing, grating, peeling

MAKES About 25-30 pieces of sushi

TAKES About 20 minutes to cook the rice, plus cooling time for the rice and about 30 minutes to make the sushi

INGREDIENTS

- 250g sushi rice
- 350ml water
- 4 nori seaweed sheets
- soy sauce, to serve

For the rice dressing:

- 1½ tablespoons caster sugar
- 3 tablespoons rice wine vinegar
- pinch of salt

For the fillings:

- 2 British cooked beetroot, cut into thin strips
- ¼ piece cucumber, peeled into thin strips
- 1 carrot, grated

KIT saucepan, lid, bowl, spoon, sushi mat or napkin, table knife

TOP TIP Read the cooking instructions on the packet of sushi rice before you cook it, but the method here is how most sushi rice is cooked so it's likely to be similar.

Beetroot is a root vegetable (so it grows underground like a carrot) which you may recognise for its unique and vibrant red-purple colour. Rich in fibre and packed with iron, vitamin B and vitamin C, this vegetable will keep your body as strong as its colour. Beetroot can be eaten both raw and cooked and we can safely say it tastes as good as it looks! All round ... not much can 'beet' beetroots!



METHOD

- 1 To cook the rice, put the rice and water in a medium sized saucepan. Bring the water to the boil and then reduce the heat to a simmer (gentle bubbles), cover with a lid and set your timer for 20 minutes. Take off the heat.
- 2 Meanwhile, spoon the sugar into a bowl, add the vinegar and salt, and stir until the sugar has dissolved (disappeared). Pour the dressing over the hot, cooked rice and stir. Leave the rice to cool.
- 3 Put a sheet of nori seaweed on a sushi mat. Wet your hands in a bowl of cold water and use your hands or a spoon to cover two-thirds of the seaweed with rice, leaving a strip along the top of the seaweed sheet furthest from you without rice. Press the rice down so that it is quite flat and evenly spread out.
- 4 Put a row of each of the veg along the middle of the rice. Pick up the edge of the mat closest to you and roll up the seaweed and its filling into a big sausage. Use the mat to help you roll up the seaweed neatly.
- 5 Squash the roll to make the sushi nice and compact, then unroll the mat. Do this again with the remaining sheets of seaweed, rice and filling.
- 6 Using the bridge cutting technique, cut the sushi in half, then into quarters and then cut each quarter in half to make 8 pieces of sushi. Repeat with the rest of the rice, seaweed and veg.



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Beetroot Sushi Balls

TOP TIP Rub lemon juice over your hands to help remove the purple stain after chopping beetroot.



You'll notice these balls use similar ingredients to the sushi rolls. That's the great thing about cooking – you can turn the same ingredients into so many different things! We love these little sushi balls, as they're as colourful as they are tasty.

SKILLS Bridge cutting technique, shaping, dividing

MAKES About 25-30 pieces of sushi

TAKES About 20 minutes to cook the rice, plus cooling time for the rice and about 30 minutes to make the sushi

INGREDIENTS

- 250g sushi rice
- 350ml water

For the rice dressing:

- 1½ tablespoons caster sugar
- 3 tablespoons rice wine vinegar
- pinch of salt

For the fillings:

- 1 avocado
- 2-3 (depending on their size) British cooked beetroot
- ¼ lemon
- 2 tablespoons vegan mayonnaise
- ¼-½ teaspoon wasabi – it's very hot so don't add too much!

KIT saucepan, lid, bowl, spoon, small squares of greaseproof paper, approx. 15x15cm

METHOD

- 1 To cook the rice, put the rice and water in a medium sized saucepan. Bring the water to the boil and then reduce the heat to a simmer (gentle bubbles), cover with a lid and set your timer for 20 minutes. Take off the heat.
- 2 Meanwhile, spoon the sugar into a bowl, add the vinegar and salt and stir until the sugar has dissolved (disappeared). Pour the dressing over the hot, cooked rice and stir, leave the rice to cool.
- 3 Hold an avocado half between a thumb and finger of one hand to make a bridge, hold a table knife in the other hand, put the blade under the bridge and cut downwards through the avocado half to make strips. Squeeze over a little lemon juice to stop the avocado from turning brown.
- 4 Cut a beetroot into thin circles using the bridge cutting technique. Sit a piece of avocado or beetroot in the middle of a piece of greaseproof paper. In a little bowl, mix the mayo and wasabi together and dot a little on the veg.
- 5 Take a small ball of rice and mould into a ball with your hands and then sit it on the mayo. Bring the paper up around the veg and rice and squeeze to shape into a ball. Repeat with the remaining rice and veg.

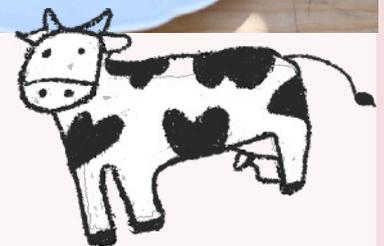


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Did you know?

A third of all land on Earth is used for animal farming



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