



Samurai Cucumber Maki Rolls



About This Recipe

Serves: 4

Mess Rating: 2 (out of 5)

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

Setting Up:

Step 1: Prepare Cucumber

Remove the ends and cut the cucumber lengthwise in 2 3/4 inch pieces. Stand the segment on its end and cut into equal eighths. Repeat with remaining segments.

Step 2: Prepare Nori Sheets

Lay a nori sheet with the shiny side down on top of a bamboo sushi mat (slats parallel to you), with a long edge towards you (plastic wrap can be used instead of a mat).

Step 3: Make Maki

Wet your hands and using about 1/2 cup of the cooked rice (SEE BELOW ON HOW TO PREPARE RICE), cover the bottom half on the nori sheet, pressing to make the rice about 1/4 inch thick. Continue to wet your hands as needed.

Step 4: Making Maki

Make a small trough in the rice using about the side of your hand or index finger, lengthwise across the sheet at the midpoint Add 3 cucumber wedges, end to end.

Step 5: Making Maki

Moisten your hands and wet the uncovered portion of the sheet. Using the mat, bring the bottom edge toward the middle, compressing the rice as you go and rolling tightly.

Step 6: Roll Maki

Roll up the rest of the way, and allow the roll to rest, seam-side down for a few minutes before cutting.

Step 7: Prepare Maki

Cut with a sharp knife, wetting the knife occasionally if the rice sticks. First, slice in half, and then cut one half to equal thirds, and the other half diagonally across the middle for two larger pieces. Repeat with remaining nori.

Cooking Steps:

Step 8: Make Rice

Add the rice to a medium sauce pot and rinse with cold water until clear. Drain the rice. Add the 2 1/2 cups of water and bring to a simmer. Reduce the heat to low and cover with a tight fitting lid. Cook 15 minutes. Remove from the heat and allow to cool for 10 minutes.

Step 9: Prepare Vinegar and Sugar

Meanwhile, in a small saucepan, combine the vinegar and sugar and cook until the mixture is hot and the sugar is dissolved. Hold hot until the rice is ready (but don't allow the mixture to boil).

Step 10: Finish Rice

Transfer the cooked rice to a large bowl. Leave behind the brown, crusty rice that sticks to the sides of the pot. Using a wooden spoon, gently fold in the hot vinegar mixture. Don't overmix. Cover the rice directly with a damp cloth or plastic wrap and allow to rest 10 minutes.

Nutrition Information: Calories: 410 kCal Fat: 1 gram

Sugars: 7.5 grams

Protein: 9 grams

Saturated fat: 0.2 grams

Sodium: 26 mg