

Sushi Nigiri

Serves 4

Courtesy of Wegmans Chef Kevin Lee, for demo May 6, 2016

½ lb sushi-grade ahi tuna, (sliced 2 inches long & 1/8 inch thick with a sharp knife)

½ lb sushi-grade salmon (sliced 2 inch long & 1/8 inch thick with a sharp knife)

4 oz pickled ginger, for serving

2 oz wasabi paste, for serving

Sushi rice (see below for recipe)

Soy sauce, for serving

Take a piece of fish with your left hand lightly pinching the tip of the fish on the palm side of your index finger on your palm. With your other hand, dab a little wasabi paste on the fish.

Moisten your right hand with the water, scoop 15-20 grams, about 2 tablespoons, of sushi rice into the palm of your hand. Gently mold into a rectangular shape but do not overpress the rice. Place onto the fish and turn over so the fish is facing you. Using your index and middle finger, press gently down in to the palm to press the fish and rice tighter.

Arrange on a plate and garnish with pickled ginger and wasabi. Serve with a side of soy sauce.

Sushi rice

Makes 6 cups of cooked rice

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3 cups sushi rice

3 ¼ cups water

¼ cup sugar

1 teaspoon sea salt

1 cup rice vinegar

Rinse the rice in a strainer or colander very cold water until the water runs clear (takes at least 2 cycles of rinsing the rice). Combine the rice with 3 ¼ cups water in a medium saucepan. Bring to a boil, then reduce the heat to low, cover and cook for 20 minutes. Turn off heat and let rice stand for 15 minutes. (Using a rice cooker will also work.)

Make the sushi vinegar: Dissolve the sugar, salt and rice vinegar together in a bowl. The finished mixture should taste sweet and sour with a hint of saltiness.

Transfer the cooked rice to a large bowl. Pour ½ cup of the sushi vinegar over the rice and combine gently. Cut the vinegar into the rice using a wooden or plastic spatula; do not stir or overwork the rice (overmixing will break the individual rice grains.) Cover with a damp cloth until ready to use.



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