



Ingredients :

- 1 cup of Japanese rice or round rice
- 1 1/2 cup of water
- rice vinegar
- 2 sheets of nori seaweed
- 100 g of fresh salmon
- 1 ½ cucumber
- 2 eggs
- sugar
- salt
- 1 sushi mat

Preparation :

Wash the rice several times until the water is very clear and then drain well.

Place rice in a saucepan and add water, cover and let the rice stand at room temperature for 30 minutes.

Cook rice always covered for 3 minutes over high heat then 12 minutes over medium heat. When the rice is cooked remove from heat and let stand 10 minutes.

Prepare the seasoning for rice in a bowl put 3 cl rice vinegar, 2 teaspoons of sugar and 1 teaspoon of salt and mix and reserve.

Cut the cucumber into 2 then into 4 in lengthwise and remove seeds from cucumber then cut into sticks about 1 cm.

Cut salmon into strips about 1 cm and reserved.

In a bowl break the eggs and then put a pinch of salt, sugar and 1 teaspoon of rice vinegar and mix.

Heat a lightly oiled pan and pour the egg spread out well to make an omelette not too thick, then roll.

Cut the tip of the omelet then cut in two vertically and set aside.

Place rice in a warm bowl and pour rice vinegar and stir gently then cover the rice with a damp cloth and let cool to room temperature.

Place the nori smooth side outward on the sushi mat, (moisten your hands to prevent the rice stick in your hand), then put the rice on the sheet and spread it over three quarters of the sheet pressing gently, then garnish with cucumber, salmon, omelet and then lift the carpet to start rolling the maki by light pressure and continue to gently roll up tightly to prevent the maki does not come off.

Wet the blade of your knife and cut the maki into slices of about 3 cm.

Serve with sweet soy sauce and a hint of wasabi.

Tips : You can vary your maki using different ingredients like tuna, shrimp, carrots, radish, and avocado, etc.

Anecdotes : The makizushi (literally, "sushi roll"), often called maki in Europe, is a Japanese culinary specialty is in the form of a roll of dried nori seaweed coating the vinegared rice stuffed with different foods, especially fish raw or plants. Like other sushi, it is dipped in sauce mixed with wasabi. It is very close to his cousin Korea, Kimbap.