

Perfect Sushi rice recipe | Makemysushi.com

Choosing right

Wouldn't you say that the Japanese have already thought of everything? Well, they did. They even made a special rice for sushi, they call it "Shari", some folks simply call it "sushi rice". And they even took the time and effort to make it round, so that you can find it easily in the supermarket.

Measuring and preparing the rice

Prepare 1 cup of sushi rice per 3 sushi rolls. Each roll makes up 6-8 little sushi pieces. 2 rolls are recommended per person, depending on personal preferences. Wash the rice (1 cup = 3 rolls) with running [Water](#) for 1-2 minutes until there is no more starch coming out of it.

When you are done washing, take the rice and place it gently in a pot, add a little bit more water than rice. The ratio is about 1.2 : 1 in favor of the water. That is 20% more water than rice. Don't put too much water, or you'll get dough instead of rice.

Cooking the rice

Cook the rice on high heat at first, stir every minute or two, until the water boils. Then, lower the heat to low and cover the pot.

After 6-8 min, check the water level – If there is no more water, only bigger grains of rice in the pot, that means the rice is ready. If not, check back every minute, making sure not to burn the rice at the bottom.

Taking out the rice

There are a few important issues to keep in mind while taking the rice out of the pot: Use only a wooden spoon to handle the cooked rice. A metal spoon will damage the rice, and can also react with the vinegar we'll add later. Second, don't scrape the rice out from the bottom of the pot. If it comes out easily, good, if not – leave it be. The rice at the bottom is dry and burned so it won't taste so good. Use a wooden or plastic bowl to put the rice in to chill.

Seasoning the rice

In order for the rice to taste like sushi rice (and not like ordinary rice), you need to add rice vinegar to it right after taking it out of the pot.

How is this done?

1. For 3 cups of (uncooked) rice, use ½ cup of rice vinegar, 2 tablespoons of sugar and 2 teaspoons of salt. Use only rice vinegar! Any other kind of vinegar will taste bad. Alternatively, you could use [Sushi rice seasoning powder](#).
2. Mix together in a small pot, on medium heat until all solids are mixed together.
3. Pour mixture on rice and mix well. That should take a minute or two.
4. Let the rice cool down for a few minutes until it reaches room temperature. Don't put the rice in the fridge to make it cool faster – that will damage the rice. You can however use a fan, A/C or put it by the window.
5. **Important tip** – Some people prefer their sushi rice less seasoned. Also, there might be differences in strength and flavour between different brands of rice vinegar. If it's the first time you are making sushi rice, and you are not sure, prepare the amount of seasoning described above, but only use half of it. Mix it with the rice and taste.
Trust your own senses if you like to use the full amount or not.

Ingredients

3 cups of sushi rice
3.5 cups of water
0.5 cup of Rice vinegar
2 Tablespoon White sugar
2 Teaspoon Fine salt

Instructions

- For the seasoning, heat rice vinegar with sugar and salt in a stove pot or microwave. Mix until fully dissolved.
- Cook 3 cups of sushi rice with 3.5 cups of water in a thick bottom pot (or rice cooker).
- Once ready, transfer rice to wooden or plastic container. Do not cover.
- Pour seasoning evenly over rice and mix with wooden spoon in a cutting motion.
- Let rice cool down to room temperature by the window or using a fan, but never in the refrigerator.

Enjoy your sushi.
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