

## Uramaki : Inside Out Sushi



### Ingredients:

2 cups of cooked sushi rice  
1 tbsp castor sugar  
1 tbsp rice vinegar  
 $\frac{3}{4}$  tsp salt  
1 carrot, julienned  
8 snowpeas, julienned (thin match sticks)  
 $\frac{1}{2}$  capsicum , sliced into batons  
4 nori sheets  
Mayonnaise  
Sesame seeds

### Instructions

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the cooked rice in the large bowl and allow to cool
3. Combine sugar, vinegar and salt in the small bowl, then stir the mixture into the rice
4. Place your bamboo sushi mat in a large plastic Ziploc bag or cover it in plastic wrap.
5. Place half a sheet of nori seaweed, shiny side up, on the bamboo mat. With dampened fingers or the back of a spoon, spread  $\frac{1}{2}$  cup sushi rice on the nori, covering the whole sheet. Sprinkle a small amount of sesame seeds over rice. Flip it over so the rice is on the bottom.
6. Place about  $\frac{1}{4}$  cup of filling in a horizontal line across the lower third of the nori. Squeeze a thin strip of mayonnaise on top of the filling.

7. Pull the bottom of the mat up to help roll the nori over the filling. Pull it taught toward you to make a tight roll, release the mat, and do it again a couple more times, until you reach the end.
8. With a sharp knife, cut the roll crosswise into 6 even pieces.
9. Remove from the mat and use a sharp knife to slice the rolls at 1 cm intervals.
10. Wash and dry dirty dishes. Wipe down benches. Empty compost. Put dirty tea towels in laundry basket.

**Step by Step Diagram on How to Roll a Sushi**

