

## Welcome to the taste of Clearspring

You will find that each of our products has a distinct flavour and quality that comes from using the finest quality ingredients and respecting local food traditions.

We always work directly with our producers, building long-term partnerships of ethical trade that support sustainable organic farming and benefit local communities.

It is a pleasure to share our superb products with you.



*Christopher Dawson*  
Christopher Dawson, Founder

## All of our products adhere to the Clearspring brand promise:

- Organic / premium quality Japanese and European foods.
- Authentic and traditional recipes developed by master artisan producers.
- 100% vegetarian and vegan.
- Wholesome and delicious foods for good health.
- No artificial additives, MSG, colourings, preservatives or added refined sugar.
- Ethically sourced foods which support producer communities.
- Made using environmentally sustainable ingredients.



[www.clearspring.co.uk](http://www.clearspring.co.uk)

## Making inside-out rolls



### Ingredients: makes 1 roll (6 pieces)

230g **Clearspring Sushi Rice** (cooked and seasoned with sushi vinegar - see overleaf)

1-2 **Clearspring Shiitake Mushrooms** (soaked for 15mins in warm water (retain water) with hard stems removed and finely sliced.)

1/2 avocado  
1/2 cucumber

1 sheet **Clearspring Sushi Nori**

2 tbsp **Clearspring Green Nori Sprinkle**

1 tbsp **Clearspring Mikawa Mirin**  
2 tbsp **Clearspring Shoyu or Tamari Soya Sauce**

Essential tools:

**Clearspring Sushi Mat**  
Clingfilm

### Method

- 1 Place the Shiitake in a pan with the retained soaking water and season with the Mikawa Mirin and Shoyu or Tamari Soya Sauce. Bring to the boil and simmer until the liquid has completely evaporated (roughly 15mins), then leave to cool. Cut the skinned and stoned avocado and cucumber into long thin strips.



- 2 Place a piece of clingfilm on the sushi mat and the nori on top. Spread the sushi rice over the nori, then sprinkle the Green Nori Sprinkle over the surface. Turn the layer of nori and rice upside down onto the clingfilm so that the nori is now on top.

- 3 Place the avocado, cucumber and shiitake mushrooms evenly down the centre. Roll the mat up from the near edge. Remove the roll from the mat and clingfilm and slice into 6 pieces with a wet knife.



## How to serve sushi

Enjoy your own homemade sushi in authentic Japanese style with Clearspring's traditional sushi accompaniments.



### 1 Organic Sencha

Japanese green tea cleanses the palate as it invigorates and refreshes.

### 2 Wasabi (Japanese horseradish)

A hot and stimulating condiment that gives sushi its characteristic, pungent taste. Add to soya sauce or use inside the sushi rolls.

### 3 Sushi Ginger

Stimulates the appetite with its fresh, zesty taste. Invigorates the taste buds and aids digestion.

### 4 Instant Miso Soup

The exceptionally rich flavour of this nourishing soup perfectly accentuates every Japanese dish. Simply add hot water.

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*Clearspring*

## Make Your Own Sushi



[www.clearspring.co.uk](http://www.clearspring.co.uk)





## Making sushi rolls

We hope you will enjoy our sushi range, comprised exclusively of top-quality, distinctive foods made to traditional, natural recipes. It has never been so easy or so much fun to create sushi in your own kitchen.

### Ingredients: makes 4 rolls (24 pieces)

125g uncooked **Clearspring Organic Sushi Rice**  
170ml cold water  
2 sheets **Clearspring Sushi Nori** (½ sheet for one roll)  
1/2 cucumber\* (cut into fine strips)  
2 tsp **Clearspring Umeboshi Purée**

**Clearspring Sushi Mat**

\*Pepper, carrot or other fillings of your choice can also be used.

<SUSHI VINEGAR MIX>  
2 tsp **Clearspring Brown Rice Vinegar**  
1 tsp **Clearspring Mikawa Mirin** or **Rice Mirin**  
or  
1 tbsp **Clearspring Sushi Rice Seasoning** can be used instead.



### Method

#### Cooking the Rice

- 1 Wash the rice in a bowl with cold water, handling the grains gently and rinsing frequently until the water runs clear. Soak in 170ml of cold water for 30mins before cooking.
- 2 Place the rice and water in a saucepan, bring to the boil then reduce the heat and simmer with a lid on for 10-12 minutes. Remove and leave to steam for a further 10 minutes.



#### Making the Sushi Vinegar Mix

- 3 Mix the Mikawa Mirin and Brown Rice Vinegar.



#### Seasoning the Sushi Rice

- 4 Use a spatula to remove the rice from the pan and spread over the base of a large bowl taking care not to crush the grains. Pour the sushi vinegar mix or the Sushi Rice Seasoning evenly over the rice and make cutting and folding movements with the spatula to mix it well. Do not mash or stir, as you risk crushing the grains.

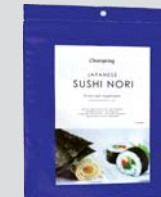


#### Rolling Sushi

- 5 Place the Sushi Nori with the shiny side down on the mat. Spread half the rice evenly over the nori, leaving 1cm clear at the top.
- 6 Make a small hollow along the centre of the rice, spread the Umeboshi Purée and lay on the fillings.
- 7 Begin rolling the mat from the near edge, keeping the filling in place with your fingers. Roll firmly but do not press so hard that the rice comes out of the sides.
- 8 Once you have formed the roll with the mat, pull out the far end whilst holding the front rolled end, to form the roll more tightly.
- 9 Remove the roll from the mat and cut into 6 pieces with a wet knife, using a steady sawing motion. Repeat with the other sheets of nori.

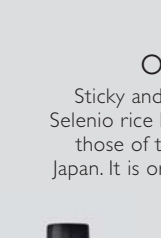


## ESSENTIAL CLEARSPRING SUSHI PRODUCTS



### Sushi Nori (17g / 7 sheets)

Ready toasted for use straight out of the pack for wrapping sushi. It has a fine, even texture and translucent deep green colour. Nori is valued for its nutritional properties, typically containing 40% protein, which is more than other sea vegetables, as well as many minerals.



### Organic Sushi Rice (500g)

Sticky and slightly sweet, this short-grained Selenio rice has very similar characteristics to those of the Japonica rice used for sushi in Japan. It is organically grown by our producer Oryza in Piemonte, Italy.



### Organic Tamari (150ml)

A double-strength, wheat-free soya sauce, naturally fermented and aged in cedarwood kegs, Clearspring Organic Tamari is a rare treat. Its award-winning flavour is rich, complex and concentrated, without being overpowering. It is perfect for using as a dip for sushi, and in sauces and cooked dishes.

### Wasabi (25g)

Wasabi is the hot and stimulating green paste that lends a distinctive, pungent taste to sushi dishes, dressings and dipping sauces. It has been valued in Japan as an essential sushi condiment for centuries. Unlike most other wasabi products, Clearspring Wasabi powder contains real Japanese horseradish root and is free of all additives and artificial ingredients.



### Sushi Ginger (50g)

With its fresh, zesty taste Clearspring Sushi Ginger stimulates the appetite, invigorates the taste buds and aids digestion. It is nearly always served with sushi, eaten between mouthfuls for its palate-cleansing effect. Clearspring Sushi Ginger is produced using only natural ingredients.