

Clearspring

Make Your Own Sushi

With the Clearspring Sushi Range, it's never been so easy or so much fun to create sushi in your own kitchen!

Many of us are becoming increasingly adventurous about the range of sushi that we enjoy when eating out, but we remain strangely coy about attempting to recreate Japan's most famous dish at home.

Making beautifully formed, perfectly textured sushi does require certain techniques, but with the right ingredients and some really straightforward equipment, it's much easier than you might think. As well as being a delicious, healthy and fresh way to eat, sushi is enjoyable to prepare once you've mastered a few essential tricks.



Clearspring offers everything you need to enjoy sushi at home, including the bamboo sushi rolling mat. The range includes:

Clearspring Organic Sushi Rice (RSP: £1.99) which gives just the right softness and 'stickiness' make it easy to shape and to embrace your chosen filling once it's cool. For variety, you can also try **Clearspring Organic Brown Sushi Rice (RSP: £2.19)**.

Clearspring Organic Sushi Rice Seasoning (RSP: £3.79, 150ml) is made to an original Japanese recipe and helps make delicious, authentic sushi rice quickly and easily. Simply add this well-balanced blend of Clearspring Organic Brown Rice Vinegar, Organic Mirin and Organic Shoyu Soya Sauce to cooked Organic Sushi Rice, and mix gently whilst the rice is still hot.

Clearspring Japanese Sushi Nori (RSP: £2.89) are toasted, very thin sea vegetable sheets that wrap beautifully around the rice and your chosen filling.



If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

Clearspring

Make Your Own Sushi

Essential Sushi Ingredients

Clearspring Wasabi Powder (RSP: £3.69) contains real wasabi root loved for its spicy, fiery flavour and comes as a powder in a convenient resealable tin, which allows you to prepare fresh wasabi every time you need it. Place a small amount of this fiery condiment on the top of your sushi, or mix a small quantity of wasabi with Organic Shoyu Soya Sauce or Tamari Soya Sauce in a small bowl and dip the sushi in it.

Clearspring Umeboshi Purée (RSP: £6.55) is a tart and tangy seasoning that can be used to enliven sushi. Add a little to the centre of rice balls wrapped in nori or to the top of the rice when preparing sushi rolls.

Clearspring Organic Tamari Soya Sauce (RSP: £3.39) is a double-strength, wheat-free soya sauce, naturally fermented and aged in cedarwood kegs over two summers. Dip the sushi in small bowls of Tamari.

Clearspring Sushi Ginger (RSP: £2.49) has a fresh, zesty taste can be eaten straight from the pack and tastes delicious with bites of sushi.

Clearspring Sushi Mat (RSP: £2.09) is indispensable to your sushi-making. Simply place a sheet of Sushi Nori on the mat, top with some Organic Sushi Rice and your favourite filling and roll for attractive and delicious sushi.



Available in independent health food stores and selected multiple retailers. Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

Updated January 2011

Prices accurate as of January 2011

Ends

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

Clearspring

Sushi Nori Rolls



Ingredients (Makes 24 pieces)

- 125g uncooked Clearspring Organic Sushi Rice
- 170ml cold water
- 2 sheets Clearspring Sushi Nori (1/2 sheet per roll)
- 1/2 cucumber, julienned*
- 2tsp Clearspring Umeboshi Purée*
- Clearspring Sushi Mat

- 1tbsp Clearspring Sushi Rice Seasoning
- OR
- 2tsp Clearspring Brown Rice Vinegar
- 1tsp Clearspring Mikawa or Rice Mirin

*you can fill your sushi with other ingredients, such as pepper, carrots or daikon

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 30 minutes 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.



If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

Clearspring

Sushi Nori Rolls (cont.)

Rolling the Sushi

5. Place the Sushi Nori with the shiny side down on the mat. Spread a quarter of 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 Puree 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.



If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>