

Maguro Nigiri

TUNA

For this nigiri, you can use either yellowfin or bluefin tuna. Bluefin tuna has a meatier texture.

INGREDIENTS FOR 1 PIECE:

1 slightly rounded tablespoon sushi rice

½ ounce yellowfin or bluefin tuna fillet, 2"–3" long, ⅛" thick



1. Moisten hands with water-vinegar mixture. Hold a small ball of sushi rice in your right hand. Squeeze gently into a rectangular shape. Pick up and hold a small fillet of tuna in your left hand.



2. Bring the rice ball to the fillet.



3. Use the thumb and forefinger of your right hand to gently press in the sides of the sushi, and use the thumb of your left hand to gently press it down at the top (which is really the bottom of the upside-down nigiri). Use your right hand to help you turn the pressed nigiri over in your left hand.



4. Now do the same thing—use the thumb and forefinger of your right hand to press in the sides. Use the thumb of your left hand to press the fish and rice together gently. There you have it!