

Sushi Rice



Serves: Makes approx. 9 cups cooked rice

Prep time: 30 minutes

Cook time: 12 minutes

Ingredients

- 3 cups sushi rice
- 4 cups cold water
- 1/3 cup rice wine vinegar
- 2 tablespoons caster sugar
- 2 teaspoons salt
- Alternatively, use 1/3 cup sushi rice seasoning

Method

1. Place rice in a large sieve. Rinse under cold running water, stirring occasionally with your hand to remove any excess starch. This may take a few minutes and is an important step in ensuring the rice is not gummy when cooked. Drain well.
2. Place the rice and cold water in a large saucepan, covered, over a high heat. Bring to the boil. Reduce the heat to low and cook, covered, for 12 minutes or until water is absorbed. Remove from heat. Set aside, covered, for 10 minutes to cool slightly.
3. Combine the rice wine vinegar, caster sugar and salt in a small bowl.
4. Transfer the rice to a large bowl. Use a wooden spoon to break up rice lumps while gradually adding the vinegar mixture. Use cutting strokes, not stirring, to distribute the seasoning.
5. Spread rice out onto a tray or glass bowl and allow to cool. Fanning it will speed up the cooling process.

Dietitian's Tip: Sushi rice seasoning can be purchased from the Asian section of the supermarket, which is a mixture of rice wine vinegar, sugar, salt and other flavours. Sushi rice is a short grain Japanese rice and can be found in the rice section of the supermarket.