

Sushi Roll Recipe (Veg & Non-Veg)

Sushi (すし or 寿司) is a traditional Japanese dish made from seasoned rice combined with vegetables, seafood, or eggs, rolled in seaweed (nori). It's known for its simplicity, freshness, and balance of flavours. Common types include **Maki (rolled sushi)**, **Nigiri (hand-pressed)**, and **Temaki (cone rolls)**.

This recipe focuses on **Maki Sushi**—rolled sushi wrapped in nori sheets.

Prep Time: 45 mins

Cook Time: 15 mins

Additional Time: 10 mins

Total Time: 1 hr 10 mins

Difficulty level: Easy-medium level

Ingredients

For Sushi Rice

- 1½ cups uncooked short-grain sushi rice
- 2 cups water
- 3 tbsp rice vinegar
- 1 tbsp sugar
- 1 tsp salt

For Filling (Veg Sushi Roll)

- ½ cucumber, cut into long thin strips
- 1 small carrot, cut into thin julienne
- 1 avocado, sliced

- 1 bell pepper (any color), thinly sliced
- 2 tbsp cream cheese or mayo (optional)
- 4 sheets nori (seaweed sheets)
- Soy sauce, pickled ginger, and wasabi for serving

For Filling (Non-Veg Sushi Roll)

- 150g raw or smoked salmon (or tuna) – sushi-grade

Method

1. Place rice and water in a saucepan over high heat, bring to a boil, and reduce heat to very low. Cover with a tight-fitting lid and simmer rice until water is absorbed, about 15 minutes. Remove rice from heat and allow to stand covered for 10 minutes.
2. Mix red wine vinegar, sugar, and salt in a bowl until the sugar has dissolved. Fluff rice with a fork and transfer into a large bowl; pour vinegar mixture into the rice and stir to coat rice. Spread rice out onto a large piece of parchment paper and fan the rice until cool. Cover rice with damp paper towels.
3. Sprinkle avocado slices with lemon juice in a bowl.
4. Spread a thin layer of sesame seeds onto a sushi mat. Pick up about half a cup of cooled rice and place it onto the sushi mat in an even layer. Place 1/4 of the cucumber, avocado slices, bell pepper, and zucchini in a line down the middle of the rice. **Non-veg** - Add raw or smoked salmon (or tuna)
5. Pick up the edge of the sushi mat, fold the bottom edge of the sheet up, enclosing the filling, and tightly roll the sushi into a thick cylinder. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly. Repeat with

remaining ingredients to make 4 rolls. Place rolls on a serving plate, slice into 6 or 8 pieces per roll, and cover with damp paper towels until serving time.

Storage Tips

- Store leftover sushi in an airtight container, wrapped with a damp towel to prevent rice from drying.
- Best consumed within 24 hours.
- Avoid freezing, as rice texture changes after thawing.
- Store fish sushi in an airtight box in the fridge (below 5°C).
- Do not leave at room temperature for long, as raw fish spoils quickly.