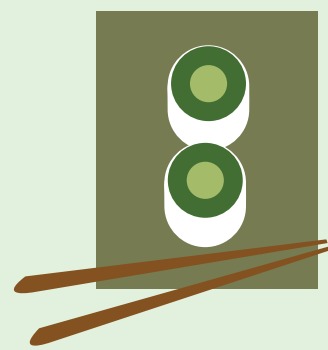




How to Make an Avocado Roll with master sushi chef Julian



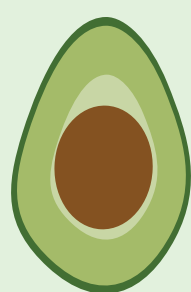
wash sushi rice



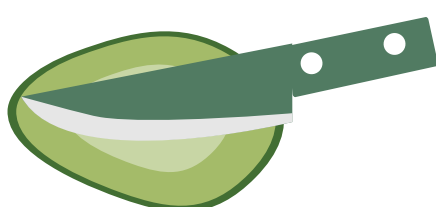
cook sushi rice



fluff and fan sushi rice



cut an avocado in half



cut half of an avocado
into long thin strips



put the avocado strips
aside for later



cut nori wrap in half



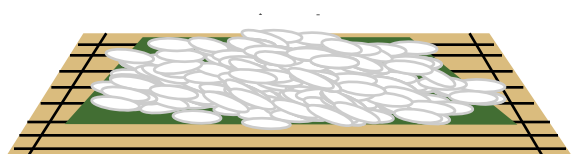
lay nori on top of
bamboo, line up with
edge



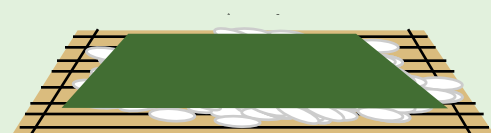
wet hands in bowl of
water



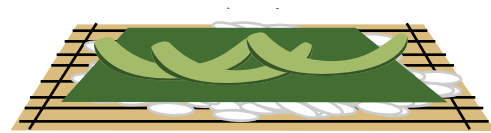
grab handful of sushi
rice



lay sushi rice on top of
nori wrap and pat
down to cover all of it



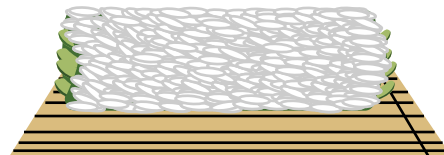
flip nori wrap so rice is
face down on bamboo



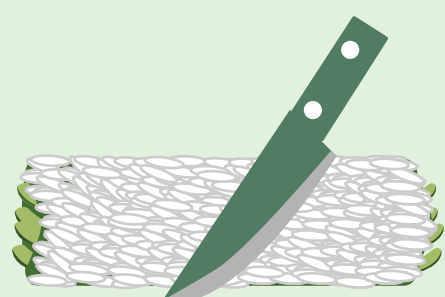
lay avocado strips long
ways down middle of
nori



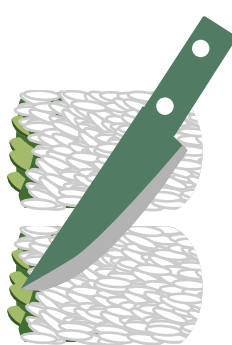
roll entire wrap and
bamboo mat towards
middle, open bamboo
then roll again to close



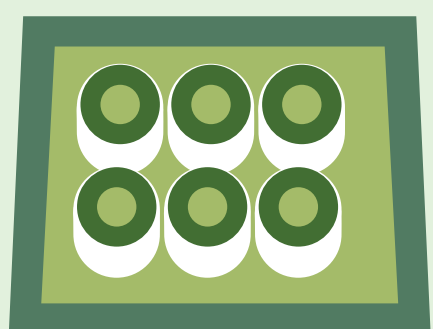
squeeze into a tight
wrap then unroll
bamboo mat



cut avocado roll in half



put one half in front of
other, cut in half again
and repeat until there's
6 pieces



finish by moving sushi
to a plate and sprinkle
with sesame seeds