



# How to Make Maguro Temaki (Tuna Hand Roll)

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CMST 220 Public Speaking  
Demonstration Speech





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- Making sushi at home is a fun, healthy, and customizable way to enjoy fresh sushi, for dinner parties or personal enjoyment.



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Ingredients for  
Maguro Hand Roll.

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Step-by-step process  
to make the hand roll.

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Where to find fresh  
ingredients in Seattle.



# **Ingredients for the Maguro Hand Roll**



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**Maguro Tuna**  
(Bluefin):

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24g Protein

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Heart-Healthy  
Omega-3s

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**Green Onions:** Mild  
crunch, fresh flavor.

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**Cucumber:** Crisp,  
refreshing balance.

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**Avocado:** Creamy,  
smooth contrast.



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**Sushi Rice:** Sticky, seasoned with vinegar, sugar, and salt.

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**Nori (Seaweed):** Dried seaweed wraps for authentic sushi flavor.

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**Wasabi:** adds a zesty kick & a bit of heat.





# **Step-by-Step Process**

# Prepare Sushi Rice

Cook rice, let cool, then add vinegar, sugar, and salt.



# Prepare Maguro & Green Onion Mixture





# Ready to Assemble:

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**Cut Nori:** Cut nori in half for each hand roll.

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**Ingredients Prepped:** Nori, rice, fish mixture, and add-ins ready for assembly.

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# Add Ingredients

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**Add Rice:** Place a small amount of sushi rice on the nori.

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**Add Filling:** Spoon the maguro and green onion mixture onto the rice.

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**Add Optional Ingredients:**  
Add cucumber, avocado, and wasabi.

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# Form the Cone

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**Fold nori over filling:** Align the corner where rice and seaweed meet.

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**Roll into a cone:** Roll from the bottom, gently pressing to secure the ingredients.

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# Serve the Hand Roll

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# Sourcing the Ingredients

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