# Sushezi™ Instructions

Making your Sushi (Maki)

**1.** Open your Sushezi and lightly oil the inside. Wet your hands to help handle the rice better. Make sure the plunger rod is sitting in the screw thread position. Pack ½ cup of Sushi rice mixture into one half of the Sushezi and repeat with another ½ cup into the other half and again make sure the plunger rod is in the screw thread position.

2. Lift out the plunger rod and lay it in the centre of one half of the rice. Press firmly down making sure that the end plate is in position at the screw thread end. Repeat for the other half. This will provide a neat, straight groove. Lay your ingredients into the grooves.
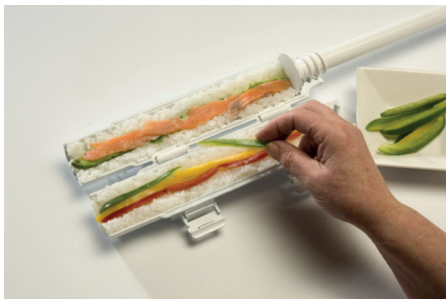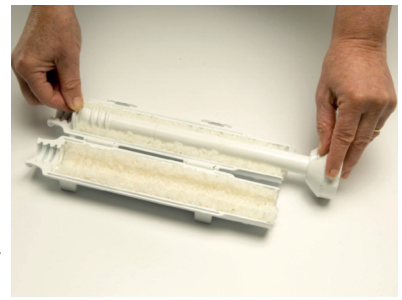
3. Replace the plunger into the thread end in the screw channel with the end plate against the end of the thread.
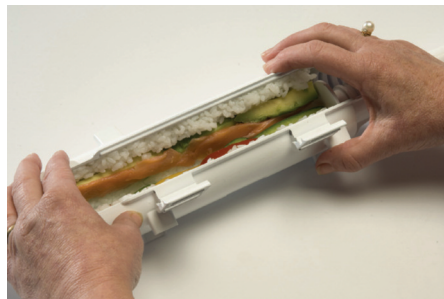
4. Gently close the two halves together, starting at a 45° angle.

5. Clip the latches shut. Fit the end cap by lining up the marks and make sure it is secure by twisting to lock into place.

6. Hold the Sushezi in one hand and turn the plunger knob until the mark on the rod is reached (approx. 5 full turns). This will compress the rice mixture to the right consistency.

7. Twist the end cap to unlock and remove the cap. On a bench or tabletop, place a nori sheet glossy side face down with the longest edge closest to you. Take the Sushezi in one hand. Push the plunger right through. Position the newly formed rice roll on to the nori sheet.

8. Roll up the nori sheet. Wet the nori sheet at the joining end with a little water to ensure that the overlap sticks.

9. To allow the nori sheet to soften, leave for 15 minutes before slicing. Moisten the blade of a sharp knife with water. Slice through. Wipe the blade of the knife clean after each cut.

10.

Methods For Cooking Rice

Cooking the Sushi Rice

Absorption Method
1. Bring 1 cup rice (250g) and $1\frac{1}{2}$ cups water (375ml) to boil, stirring occasionally.
2. Lower heat, cover and simmer 12-14 minutes.
3. Remove from heat and stand covered. 5-10 minutes
4. Now add your ingredients to make sushi rice.

Gentle Boil Method
1. Bring 1 cup rice (250g) and 6-8 cups water to boil, stirring occasionally.
2. REDUCE HEAT AND BOIL GENTLY, uncovered, 12-14 minutes.
3. Drain well.
4. Let the rice cool for 10minutes, before adding your ingredients to make sushi rice.

Microwave Method
Use 1 cup rice to $1\frac{1}{3}$ cup water, however, as there are great variances between microwaves, refer to your microwave manual for instructions.

Rice Cooker
Follow your instruction book.

Ingredients for Sushi Rice
While the rice is still warm add the following ingredients.
(This will make 2 rolls, approximately 24 Sushi pieces)

1 cup	Cooked Sushi Rice
2 tablespoons	Rice Vinegar (or 3-4 tablespoons Sushi Vinegar)
1 tablespoons	Sugar
$\frac{1}{4}$ teaspoon	Salt
2	Nori (roasted seaweed sheets)

After mixing ingredients let the rice mixture cool, before using the SUSHEZI.

USING YOUR SUSHEZI AS PER THE INSTRUCTION SHEET
IMPORTANT WHEN PACKING RICE MIXTURE
It is important to use exactly half a cup (125grm) of the rice mixture when packing the two halves. Too much rice will cause the mixture to overflow and too little rice will result in a loose sushi roll. Do not overfill the centre channel with too much filling.

Sushi Rice
✓ 99% Fat Free ✓ Cholesterol Free ✓ Energy Source ✓ Low Salt ✓ Gluten Free

Suggested Sushezi Fillings:
FISH: Raw, cooked, smoked or marinated: Tuna, Salmon, Squid, Eel, Shrimp, Prawns, Crab Meat, Mussels, Caviar, Scallops & Oysters etc.

MEAT: Cooked or Smoked: Chicken, Pork, Beef (also marinated)

VEGETABLES: Strips of Asparagus, Avocado, Capsicums, Carrots, Celery, Cucumber, Garlic, Red Onion, Spinach, Spring Onions, Sweet Corn etc.

Miscellaneous: Cream Cheese, Omelette strips, Pickled Ginger, Gherkins etc.

Sauces
Wasabi paste, Chill paste, Ginger Paste, Japanese Horseradish (Green Mustard)etc.

CLEANING INSTRUCTIONS:
The Sushezi is made from food grade FDA approved plastic and is dishwasher proof, or wash in warm soapy water with a non-abrasive cloth or brush.