

NCL Sushi Roll Demonstration Workshop



Date: 04 December 2017

Time: 11:00am - 13:00pm

Room Number: 502 (5th Floor)

Sushi Chef Master: Home Badr

Host: Bekhzod Klichev

Target Audience: FDA HM; HND HM and BA TOP-UP Students

I will show you how I prepare my own rolled sushi with favourite fillings! I will show you how I prepare and cook sushi rice and vinegar for sushi; Hosho Maki (thin sushi roll); Ura Maki (inside out sushi roll); Te Maki (hand sushi roll) with some fillings. e.g.

You will learn:

1. How to prepare and cook sushi rice and vinegar.
2. How to make Hosho Maki, Ura Maki and Te Maki.
3. How to prepare filling for sushi.
4. Where can you buy Japanese seasoning and ingredients.

Workshop Day Programme Schedule:

1. Check-in begins at 11 am at the NCL Room no 502.
2. Three-hours Sushi Demonstrations.
3. Check-out ended 13:00 pm.

Make Sushi

WITH CHEF HOMA AT NELSON COLLEGE LONDON



Ingredients required to make sushi for 2:

Short Grain Sushi Rice	200g
Sushi Seasoning	50-80 ml
Nori lpack 0110	half a sachet, or halve the 5 whole sheets
Fillings of your choice	

Also you will need a bamboo matt, chopping board, a plastic bowl to mix the rice and a sharp knife.

Rinse the rice with cold water a few times, goes In a pot/rice cooker, add the same volume water to the rice, let it cook for 45min. Mix the rice with seasoning and stir gently.

Let the rice cool down, then spread the rice on 3/4 of nori sheet evenly, add your fillings and roll. Slice the roll and serve with ginger, wasabi and soya sauce.

Enjoy!

Homa Badr