

## Tim's Recipes and Cooking Stuff

[http://tim.rocketry.org/cooking/sushi/tuna\\_roll/](http://tim.rocketry.org/cooking/sushi/tuna_roll/)



### Homemade Sushi : Tuna Rolls!

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Here are the ingredients, cost, and recipe for making your own homemade sushi. We'll be making Tuna Rolls here. It's not too hard, and much cheaper than what you'd pay in trendy sushi bars.

#### Ingredients:

1 small handful of Sushi Rice  
1/2 sheet Nori  
1/4 of 1/4 pound of Tuna

#### Cost to Make (\$1.83 per roll)

11¢ Sushi Rice  
\$1.62 raw high quality Tuna (\$25.99 per pound)  
11¢ 1/2 Nori sheet (\$2.29 for 10 sheets)

#### The Basic Tuna Roll Instructions:

1. Make the rice ( a given, eh?).
2. Cut a piece of Nori (seaweed/algae) in two..
3. Cut the raw sushi quality tuna against the grain into thin strips.
4. Place the 1/2 nori sheet at the end (toward you) of the mat.
5. Spread a small handful of sushi rice on the nori sheet, leaving 1/4 of an inch on either side.
6. Add the thinly sliced raw tuna in the middle of the rice in the sheet of nori.
7. Roll gently with even pressure.
8. Cut roll in half.
9. Align the 2 halves and cut twice so there's 6 even pieces.



#### **Basic Ingredients**

The tuna roll is pretty simple.. We need only a bamboo rolling mat, some sushi-grade raw tuna (ask your meat guy at a good store!), some sushi rice, and a knife to cut the rolls with..

I don't *yet* own a sushi knife yet, so the trusty chef's knife will have to do..

**Note:** I'll rant some more on buying good sushi quality tuna a couple pages from now when we're slicing it up!



### **Cut Nori Sheet in Half**

You can buy sheets of Nori (dried seaweed (or more accurately dried algae)) in most well stocked stores, even the local chain store down the street in most places.

Cut a sheet of the Nori in 2 pieces. A whole sheet is way more than we need for just 1 roll..



### **Nori Sheets Ready to Go**

Now we have two sheets of nori and are ready to make a Tuna roll, or two..



### **Slice the Tuna**

Slice off some pieces of the raw tuna. And slice against the grain of the meat so it'll fall apart in your mouth easier.

**Note:** Buy your tuna the same day you'll be making your sushi. And go to a decent store that gets good fresh sea food, do **NOT** just pick up a packaged slab of tuna out of your local MegaMart's meat case!

Don't be shy, and tell the fish monger behind the counter that you're going to be making sushi. He or she will help you select suitable tuna of the quality needed for sushi making.

If you wouldn't eat it as sashimi it probably shouldn't be in your rolls..



### **Add Rice to the Nori**

Wet your hands a little and add on some of the sushi rice, leaving 1/4 of an inch on each side. And I wouldn't add any more rice that it takes to make the rice 1/4 inch high. Any more than 1/4 inch high and you probably won't be able to complete the roll and close it..

**Note:** Place the rough side of the Nori up, and the shiny side down. The sushi rice will stick to it better this way.



### **Add the Tuna**

Tuna rolls are really easy.. Just add the thin strips of raw tuna you cut previously down the middle of the rice!

*Now you're ready to roll the roll..*



### **Roll the Roll**

Roll with an even pressure along the roll.

*You don't need to squeeze or use a tight grip on the roll, just hold it firmly and roll nice and slow and easy..*



### **Cut the Roll in Half**

If all went well place the roll on the board and cut in two..



### **Cut Roll into 6 Even Pieces**

Place the 2 chunks side by side and cut into 3 pieces, which should make 6 even sushi pieces.



### **Tuna Roll is Ready to Eat!**

Add a dab of wasabi, some soy sauce, and we're ready to chow down..

**Note:** *The small can you see near the coffee machine is the "wasabi". You mix it 1 to 1 with some water to make the dough/paste you're used to getting on your sushi platter at a sushi bar. And just like the stuff at your favorite sushi bar this stuff is just mostly horseradish, and contains almost no real wasabi root.*

*While mixing up the 'wasabi' paste I made the mistake of trying to smell it to see if it was what I was used to.. And yes, it was. My eyes watered for at least 10 minutes after I got away from the stuff.. woo!*

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