More than 1 hour Serves 10 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients: Sushi rice:

- 1kg short-grain sushi rice
- 3 ¹/₃ cups (830ml) water
- ³/₄ cup (180ml) rice vinegar
- ¹/₄ cup (60ml) mirin or rice wine
- ¼ cup (60ml) sugar
- 1 tsp (5ml) salt
- 400g salmon fillet, cubed
- 3 Tbsp (45ml) white sesame seeds, plus 4 tsp (20ml) to sprinkle
- 2 Tbsp (30ml) sesame oil
- + 21/2 avocados, 2 peeled and quartered and 1/2 sliced
- 3 Tbsp (45ml) each Japanese mayonnaise and plain full-fat yoghurt
- Juice (30ml) of 1/2 lemon
- 1 Tbsp (15ml) wasabi
- 3 cups (750ml) cooked sushi rice (see ingredients above)
- 2 nori sheets
- 4 tsp (20ml) black sesame seeds
- 1 cucumber, sliced into ribbons
- A handful micro herbs
- Soy sauce, wasabi and pickled ginger, to serve

Method:

1. To prepare sushi rice, rinse rice with cold water and drain. Repeat until water runs clear.

COOK'S NOTE

Be sure to use a very sharp, wet knife blade to cut the cake – a blunt knife will tear it apart and make a lovely rice mess, instead of cutting perfect slices.

- 2. Soak rice in a pot with water for 30 minutes.
- 3. Heat vinegar, mirin or rice wine, sugar and salt in a saucepan over a medium-high heat.
- 4. Stir to dissolve sugar, then simmer until reduced by a third. Allow to cool.
- 5. Heat pot of rice over a medium-high heat.
- 6. Cover with lid and bring to the boil. Do not lift lid or steam will escape.
- 7. Lower heat and simmer for 15 minutes.
- 8. Reduce heat further and steam, covered, for another 15-20 minutes.
- 9. Remove rice from pot, place in a wooden bowl and pour over vinegar mixture.
- 10. Mix rice with a wooden spoon in a cutting motion to separate grains.
- 11. Stir and fan rice for 10 minutes until it reaches room temp and becomes slightly glossy.
- 12. Grains should be separated and not clumped together.
- 13. Set aside and keep covered with a damp cloth until using.
- 14. Mix salmon, white sesame seeds and sesame oil together. Set aside to marinate.
- 15. Combine quartered avo, mayonnaise, yoghurt, lemon juice and wasabi and blend until smooth with a stick blender to make avocado crema.
- 16. Wet hands to handle rice.
- 17. Divide prepared rice rice into three balls.
- 18. Prepare two circles (with a diameter of about 20cm) of nori by cutting the corners off nori sheets.
- 19. Place a ball of rice on both nori circles (rough side of nori facing upwards), and spread to cover.
- 20. Sprinkle 4 tsp (20ml) each black and white sesame seeds over rice.
- 21. Spread third rice ball into a disc so it's the same size and shape as nori circles. This will be the cake base.
- 22. Layer cucumber ribbons on this rice disc.
- 23. Top with a nori and rice circle, spread half the avocado crema on top and place marinated salmon on top of that.

- 24. Layer the other nori and rice circle on top and cover with avocado slices.
- 25. Dollop with remaining avocado crema and herbs.
- 26. Serve with soy sauce, wasabi and pickled ginger.

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