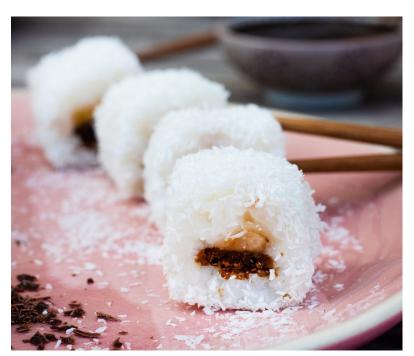


Sweet Sushi with coconut rice, Westphalian Pumpernickel and banana

Preparation

- 1. Place the rice in a sieve and wash until the water is no longer milky. Then allow it to drain thoroughly. Place the rice and 250 ml water into a pot with a lid. Bring to a boil. Simmer for 10 minutes at low heat. Then cover and allow tio steep for 10 minutes.
- 2. Place rice in a bowl, stir in the syrup and salt and allow the rice to cool.
- 3. Wrap a sushi mat with cling film. Using wet hands, spread the rice over the mat to form a rectangular surface. Place a row of pumpernickel in the centre.
- 4. Cut the banana into strips and place it on the pumpernickel.
- 5. Use the mat to form a roll. Refrigerate the finished roll. Just before serving, cut the roll and roll each piece of sushi in dessicated coconut.





Ingredients

250 g of sushi rice

1 tbsp. of coconut syrup

1/2 tsp. salt

2 slices of Mestemacher

WESTPHALIAN Pumpernickel

1 banana

1 handful of dessicated coconut

photo: Susanne Brauer, Kochmädchen