



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 to 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 desiccated 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 desiccated coconut

