



## Sushi with surimi, wasabi and Westphalian Pumpernickel

### Preparation

1. Place the rice in a sieve and wash until the water is no longer milky. Drain the rice well and then place it in a pot with a lid and 250 ml of water. Bring to a boil. Simmer for 10 minutes at low heat. Then cover and allow to steep for 10 minutes.
2. Place the cooked rice in a glass bowl. Dissolve the sugar and salt in rice vinegar, pour the vinegar over the rice and mix well. Then let the rice cool down.
3. Line a sushi mat with cling film. Cut the nori leaved in half and place one half on the cling film. Use wet hands to spread the rice over a rectangular area of the nori leaf, leaving a 1 cm margin free on one long side.
4. Cut the pumpernickel into strips and place in the centre of the rice. Spread wasabi onto the pumpernickel. Careful! Wasabi is HOT! Place the surimi sticks and the cucumber strips on top.
5. Use the mat to form a roll. Moisten the free end of the nori leaf slightly so that the roll keeps its form at the end. Set aside to cool. Cut open the sushi roll to serve.



### Ingredients for 2 rolls

- 250 g of sushi rice
- 20 ml rice vinegar
- 1 tsp. salt
- 1/2 tsp. sugar
- 2 slices of Mestemacher WESTPHALIAN Pumpernickel
- wasabi to taste
- 1/2 cucumber
- 6 surimi sticks
- 2 nori sheets



photo: Susanne Brauer, Kochmädchen