



Sushi with avocado, chives and Westphalian Pumpernickel

Preparation

1. Put the rice in a sieve and wash until the water is no longer milky. Drain the rice well and then place 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. Cut the pumpernickel into strips. Remove the avocado from the pip, peel and cut into strips. Mix the cream cheese with parsley and a handful of chives and season with salt and pepper.
4. 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 middle. Coat the pumpernickel with cream cheese. Place the avocado strips on top.
5. Use the mat to form a roll. Leave to cool. To serve, cut open and roll each piece of sushi in the chopped chives.



Ingredients

- 250 g** of sushi rice
- 20 ml** rice vinegar
- 1 tsp.** salt
- 1/2 tsp.** sugar
- 2 slices** of Mestemacher WESTPHALIAN Pumpernickel
- 1** avocado
- 100 g** of cream cheese
- 1 bunch** of chives, finely chopped
- some parsley, finely chopped



photo: Susanne Brauer, Kochmädchen