

By: Miguel Ángel Mateos



Sushi with Morado garlic.



DIFFICULTY
LOW



TYPE OF CUISINE
FUSION



Nº OF SERVINGS
4



TYPE OF DISH
MAIN



PREPARATION TIME
30 MINUTES



VARIETY OF GARLIC
MORADO

Ingredients

- 10 cloves of Morado garlic
- 2 carrots
- 200g sushi rice
- 5 sheets of Nori seaweed
- 2g toasted sesame seeds
- 5 ml Mirin rice wine
- 20ml soy sauce
- 5g sugar

Step by step



1. Peel the garlic cloves and keep them whole.
2. Peel the carrots and cut them into sticks of roughly the same thickness.
3. Cook the carrots in a pan of boiling water with a pinch of salt, leaving them al dente and draining them.
4. Add 5 parts water and 1 part rice to a pan on a medium heat and bring to the boil. Once it is boiling, add the rice and garlic cloves. Cook for 8 minutes and then strain.
5. Mix sugar with rice wine in a bowl until completely dissolved. Sprinkle the sauce on the rice and mix well.
6. Place a sushi mat on a counter, and place a sheet of Nori seaweed on it.
7. Spread a little rice in the middle of the seaweed, and in the centre of this, place the carrot strips and cloves of garlic (either whole or chopped, to your liking).
8. Roll up the seaweed with the help of the mat, squeezing it with your fingers so that it keeps its shape.

FINISHING THE DISH:

9. Carefully remove the mat and, with a sharp knife, cut the sushi into bitesize slices.
10. Place the slices of sushi in a shallow dish and add soy sauce and toasted sesame seeds.

CHEF'S TIPS Miguel Ángel Mateos:

- In this case we have made sushi with garlic and carrot, but you can also make it with a wide variety of fish and vegetables, and even with some fruit.
- The rice used to make sushi is very glutinous, so that it can be easily rolled and maintain its shape.
- Mirin rice wine is an essential sweet condiment in Japanese cuisine. It is a mix of distilled sake (shochu) with glutinous cooked rice and koji.