

Soy leaf maki, Red tuna, fried onions, kiwi, lemon zest |

Recipe for 12 Tapas

Description

Maki which is presented to you with a sheet of soy instead of Nori seaweed.

Note

The right dosage of the quantities to put in the roll, will be largely the success of a beautiful uniform roll.

Ingredients

Rice

- 500 Ml Sushi rice
- 120 Ml Season rice vinegar
- 750 Ml Water

Fried onion

- 200 Gr French shallot
- 125 Ml Flour

Maki roll

- 360 Gr Yellowfin tuna
- 6 Leaf(ves) Soya leaf
- 2 Unit(s) Avocado
- 2 Unit(s) Kiwi
- 1 Unit(s) Lemon zests

Preparation

- Preparation time **45 mins**

Rice

Allow one cup of raw rice per person. In a rice cooker, rinse the rice 3 times in clear, cold water. Drain well, when cooking, add the same volume of water as rice. Cook 45 minutes, no matter how much rice you have to cook. Remove the rice once cooked and add 50 ml of seasoned rice vinegar per cup of raw rice you have cooked.

Stir very gently until the vinegar is completely absorbed by the rice, leave to stand for a few minutes.

Voila, your rice is ready!

Fried onion

Cut the French shallots into thin rings. In a bowl, mix them with a little flour, between the fingers drop the excess flour.

Plunge them into very hot oil (fryer) until they are golden brown.

Reserve them on a plate covered with paper towel.

Roll

Cut the soybeans in half.

Cut the bluefin tuna into rectangular strips of 1 cm cube, the same length as the soybean sheet.

Spread the rice on the soybean sheet vertically and leave a 1-inch strip without rice. Add tuna, fried onions, kiwi and lemon zest. Roll up, tighten and cut the maki into 4.

Bon appétit!