

Sushi

Ingredients:

- 6 Nori Sheets
- Sushi rice
- 1 carrot- grated
- 1/2 a cucumber- cut into match sticks
- 1/2 an avocado- thinly sliced
- Egg Omelette Strip- only if people want it
- Tofu Strip- only if people want it
- 3-4 Lettuce Leaves- chopped
- Kewpie Mayonnaise

Equipment:

- Sushi Mat
- Grater
- Knives
- Chopping boards
- Measuring cups

To serve:

- Pickled Ginger
- Sesame Seeds
- Wasabi
- Soy Sauce



Method

1. Collect all of your sushi ingredients and prepare them as mentioned in the ingredients list.
2. Lay Nori sheet on the sushi mat- rough side up, lines facing same way as mat cords.
3. Place 1 cup of sushi rice on the nori sheet and spread it out with your hands (slightly wet hands are best). Be sure to leave a 1cm edge at the far end of your nori sheet.
4. Now add your preferred fillings on top of the rice about 4cm up from the bottom (closest to you). Don't forget your kewpie mayonnaise here if you want it.
5. Now it's time to roll. Use the mat to guide bottom of the Nori/rice sheet up over your toppings. Use your hands to tuck the toppings as you keep rolling and remember to tighten it as you are rolling. Roll all the way to the end using the mat to help you keep it tight/together. When you get to the end, use a little bit of water to seal the edge.
6. Cut your roll into 3-4 smaller rolls and place on your side plate.
7. Toppings to serve will be prepared and served at table to go with your sushi.

Green Tea Cupcakes

Ingredients:

Cupcakes:

- 4 green tea bags
- 1/4 cup boiling water
- 125g butter- softened
- 2/3 cup caster sugar
- 2 eggs
- 1 1/2 cups self-raising flour
- 1/4 cup milk

Icing:

- 1 3/4 cup icing sugar
- 10g butter- melted
- 2 tablespoons lemon juice
- Lemon Zest to decorate

Equipment:

- Muffin pan
- Paper cases
- Measuring cups
- Measuring spoons
- Heatproof measuring jug
- Medium mixing bowl x2
- Electric hand beaters
- 2x spoons
- Skewer
- Wire rack
- Spatula



Method

1. Preheat the oven to 180 degrees Celsius and line a 12 hole muffin pan with paper cases.
2. Place 2 of the tea bags in a heatproof jug and add the boiling water. Steep for 5 minutes and then remove and discard the tea bags.
3. Now remove the tea leaves from the remaining two dry tea bags and place them in a bowl with the tea liquid, butter, sugar, eggs, flour and milk.
4. Using an electric hand beater, beat the mixture on low speed for 30 seconds or until combined. Then increase the speed to medium speed and beat for 3 minutes or until the mixture becomes pale and thick.
5. Spoon the mixture into the paper cases and bake in the oven for 20 minutes or until a skewer comes out clean. Stand in the muffin pan for 5 minutes before turning out onto a cooling rack to cool.
6. Meanwhile, to make the icing, place the icing sugar and butter in a bowl. Stir in the lemon juice until smooth. Spread each cupcake with the icing and then top with a small amount of lemon zest.