

# How To Make Japanese Maki



wikiHow to Make a Maki Sushi

## Ingredients (Serves 4)

- 4 cups sushi rice ([Sushi Rice Recipe](#))
- 4 sheets unseasoned nori for sushi
- 4 oz. toro tuna sashimi, minced
- 1 Japanese cucumber

- **3 umeboshi**
- **1/2 package (5 oz.) precooked broiled Unagi**
- **1 green onion, minced**
- **2 Tbsp. sesame seeds**
- **1 oz. kanpyo**
- **1 cup dashi stock**
- **2 Tbsp. soy sauce**
- **1 Tbsp. suger**

## **Procedures**

### **How to prepare kanpyo:**

- 1. Soak in water 10 to 15 min. Wash and rub with 1/2 tablespoon of salt until supple. Rinse and boil in water for about 10 min until tender and drain.**
- 2. In a saucepan, heat dashi stock, sugar and soy sauce to a boil. Add kanpyo and simmer**

for 15 min, until the sauce is absorbed. Cut in 10 to 11 inch length.

### **How to prepare umeboshi, cucumber and unagi:**

1. Take umeboshi and remove the pits. Tear the umeboshi in half.
2. Follow the warming or cooking instruction on the unagi package. Once warmed, let it stand for about 15 min to cool.
3. Slice cucumber and unagi into strips.

### **How to prepare negitoro :**

1. Mix minced toro sashimi with minced green onion.

### **Directions to make rolls:**

1. Cut nori into half sheet size. Select a sheet and place it shiny side down on the bamboo rolling mat. Wet your hands thoroughly with clean water and take about 1/3 a cup of rice and spread it on the lower third of the

seaweed sheet. Press it slightly down so that it stays on the sheet.

**2.Lay the prepared sushi roll ingredients side by side so that they form a horizontal line from one side of the rice on the other, gently pressing them.**

**3.Next grab the bottom of the rolling pad with your fingers, hold the seaweed and rice down against the mat while you lift the mat up. Roll the sushi tightly with the mat to form a neatly packed cylinder.**

**4.Cut each sushi roll and serve with soy sauce.**

## **10 Most Popular Maki Sushi Menu**

**1. Tekka Maki**

**2. Anakyu Maki**

**3. Negitoro Maki**

4. Kappa Maki
5. Natto Maki
6. Kanpyo Maki
7. Shinko Maki

## Let's Make Kazari Makizushi!



**Sushi is representative of Japanese culture. As you probably know, it's a unique traditional Japanese food that is recognized around the world. Makizushi (rolled sushi), as one of the most time-honored forms of sushi, is customarily made with wishes for agricultural fertility, health and longevity, and appreciation for the**

**deities. There are many versions of makizushi enjoyed by those outside Japan: the California roll (the favorite in the U.S.), the caterpillar roll, the rainbow roll and the Philadelphia roll. The caterpillar roll is especially entertaining to look at: it's a makizushi that demonstrates a sense of fun.**

**Did you know that fun makizushi can also be found in Japan? These are called kazari (decorative) makizushi. At first glance they seem difficult to make, but kazari makizushi are simply the sum of different part such as a mound of sushi rice (shari) or nori (dried seaweed), nori placed inside the rice, or swirls, all joined and rolled together within the makizushi. Once you get used to handling sushi rice, it's fairly easy to make kazari makizushi.**

**With a little creativity, you can make a variety of patterns of kazari makizushi. Let's start with Nonoji Maki, a basic from the even a beginner can make!**

# Nonoji Maki Recipe



## Ingredients (Serves 1 roll)

- 1 sheet sushi nori (dried seaweed)
- 2.8 oz sushi rice\*
- 2 to 3 shrimp (boiled and deveined)
- 1 4-inch-long cucumber
- Tobiko (flying-fish roe) (as needed)
- Mayonnaise (as needed)

\* Because the size of the nori varied depending on the maker, prepare some extra sushi rice.

---

## Cooking Directions



- 1. Cut off the shrimp tails with a knife. (Cutting off the tails will refine the final look.)**



- 2. Cut the cucumber in half vertically, then cut each piece into thirds and remove the seeds.**



- 3. Place the nori on the rolling mat (makisu). Position the knots of the rolling mat string toward the back. Place the nori rough-side up (the smooth side should face the bottom).**



- 4. Scoop up some water with the second joint of your middle finger, and spread it thinly over your hand. (Use caution, because too much water can dilute the taste of the sushi rice.)**



5. **Using the palm of your hand, lightly press the sushi rice into a barrel shape.**



6. **Divide the sushi rice into three equal portions and spread it evenly on the mat. (This will prevent it from becoming smashed.)**



7. **Place your hands on the ends as shown in the photo, and be sure the rice is packed in tightly so that the final product looks clean.**



8. **Place the cucumber, shrimp and tobiko in the order shown in the photo, and spread the mayonnaise over the tobiko to prevent it from falling apart.**



9. **While holding down the ingredients, wrap until you've reached the end of the ingredients.**



10. **Wrap once again to the end of the nori (Now wrap in circular shape to the end of the nori).**



11. **Reshape the circular roll into a teardrop shape (if rice spills out the sides, push it back in).**



12. **Finally, cut the roll into appropriate-size pieces and display them in a circle.**

**Now that you've mastered the basic roll, let's try the Panda next, which is a bit more advanced. The panda's expression will vary**

**slightly, depending on how it's rolled.  
Children love it!**

## **Panda Maki Recipe**



### **Ingredients (Serves 1 roll)**

- Five 1-4 sheets sushi nori, one 1-2 sheet and one 1-6 sheet**
- 12 oz. sushi rice\***
- 2 or 3 mountain burdock roots**
- 1 tsp. ground black sesame seeds**
- 1 tsp. yukari (red perilla seasoning)**

**\* Because the size of the nori varied depending on the maker, prepare some extra sushi rice.**

## Cooking Directions



1. **Mix the ground sesame seeds and yukari into the sushi rice.**



2. **Prepare the five 1/4 sheets of nori.**



3. **Place 1 oz, of the sushi rice on two of the nori sheets from Step 2, and make two rolls as in Photo2. (This will be “nori roll 1.”)**



4. **Place 1.5 oz. of the sushi rice from Photo 2 on top and make a circular roll, as in Photo 4.**



5. **Cut the left-over nori as shown in the photo. (This will be “nori roll 2.”)**



6. **Using a 1/4 sheet of nori from Step 2, cut a burdock root to the same length, and wrap it as the nori roll core. Cut any extras away with a knife.**



7. **Wrap 1 oz. of sushi rice in a circular shape, as shown in the photo. (This will be “nori roll 3”.)**



8. **Reshape “nori roll 1” into a teardrop shape.**



9. **Cut “nori roll 3” in half.**



10. **Prepare the 1/2 and 1/6 sheets of nori and connect them using sushi rice, as shown in the photo.**



11. **Spread 3.5 oz. of sushi rice atop the connected nori, leaving 1.5 inches of space at both ends.**



12. **Place 1.5 oz. of sushi rice in the center of the sushi rice, as shown in the photo.**



13. **Place the teardrop-shaped “nori roll 1” and the burdock root on top.**



- 14. Place 0.5 oz. of sushi rice on either side of the burdock root.**



- 15. Place “nori roll 3,” which was cut in half earlier, on top as shown in the photo, forming the panda’s nose.**



- 16. Place 0.75 oz. of sushi rice on the panda’s muzzle section.**



- 17. Lift the nori at both ends as you form the roll.**



- 18. Cut the panda’s face section to 0.6 inch thick. (It is less prone to coming apart if wrapped in plastic wrap.)**



- 19. Cut “nori roll 2” 0.6 inch thick the thickness should be same as that of the panda’s face and adjust/set it to the ear positions.**



- 20. Thinly slice the burdock roots, place them on the panda’s eye section, and you’re done.**