

Side Dishes

Sushi Rice

J. M. Hirsch - The Associated Press

Palm Beach Post

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 35 minutes

This recipe makes enough rice for four maki rolls (each can be cut into six to eight pieces).

1 cup white sushi rice

1 1/3 cups water

1/4 cup seasoned rice vinegar

Place the rice in a mesh strainer and rinse under cool water. Leave the rice in the strainer and let drain for one hour.

In a small saucepan over medium-high, combine the drained rice and water. Bring to a boil, then cover and reduce the heat to low. Simmer for 14 minutes without removing the cover.

Remove the pan from the heat and uncover. Drape a dishtowel over the pan then replace the cover. Let it sit for 20 minutes. This step is important for getting the proper moisture content for the rice.

Transfer the rice to a shallow baking dish and sprinkle the vinegar over it. Use a wooden spoon to toss the rice with the vinegar until well mixed.

Use while slightly warm.

Per Serving (excluding unknown items): 8 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 4g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Other Carbohydrates.