



Make Your Own Sushi

*Developed by Desley Hamilton, Cook
First Grammar – Ourimbah*



38 servings

Ingredients

- 8 cups sushi rice
- 12 cups water
- 4 tablespoons sushi seasoning
- 3 tins (425g each) tuna in springwater
- 1kg cooked, diced chicken
- 2 tubs (270g each) mayonnaise
- 5 avocados, sliced
- 5–8 carrots (depending on size), grated
- 5–8 cucumbers (depending on size), cut into 5cm sticks
- Seaweed wraps (1 per child)
- Soy sauce (optional, for dipping)

Utensils

- 4–6 bamboo sushi mats
- 4–6 cutting boards
- Platters with baking paper for completed sushi rolls
- Spoons or tongs for each food item





Method

- **Cook the Rice:** Follow the instructions on the sushi rice packaging. After cooking, mix in 4 tablespoons of sushi seasoning and refrigerate until cool.
- **Prepare ingredients:**
 - Slice the avocados.
 - Grate the carrots.
 - Cut cucumbers into 5cm sticks.
- **Flavour the proteins:**
 - Mix one tub of mayonnaise with the diced chicken.
 - Combine the second tub of mayonnaise with the tuna.
- **Set up the stations:**
 - Place the rice in a large serving dish.
 - Arrange the vegetables, avocado, chicken mixture, and tuna mixture on separate platters.
 - Provide enough bamboo sushi mats and cutting boards for the children.

Sushi making

Group seating: Arrange the children in small groups at a table. This process can be completed in multiple groups until all children have made a sushi roll.

Preparation: Give each child a cutting board with a sushi mat and a seaweed wrap on top.

Rice and ingredients: Help the child spread enough rice to cover half of the seaweed wrap. Then let them add vegetables and meat as they like.

Rolling: Guide the child through the rolling process, ensuring the mat is not rolled into the sushi.

Keeping for lunch: Place the sushi roll onto a platter lined with baking paper and write the child's name underneath their roll.

