

How to check Sardine/Horse Mackerel/Mackerel for their freshness/goodness



<Method>

1. Check the eyes

Choose black eyes and avoid bled red coloured eyes.

2. Check the gills



Choose vivid red colour, not brown one.

3. Check the anus



The fish which has firmly closed anus is fresh. If the anus is loose, the fish possibly has bad guts.

4. Check their fat



Good fatty fish has a small head and thick body.

Recipe of Sushi Rice

<Ingredients>

(A)rice

-180ml short-grain sushi rice

-180ml water

(B)sushi vinegar

-6g salt

-24g Golden caster sugar

-40ml white wine vinegar

<Method>

1. Wash the sushi rice thoroughly until all starch gone in cold water and drain well. Place the drained sushi rice into a heavy-based pan and pour over the water and let it stand for at least 20 minutes.

Bring it to the boil, then cover the pan with a lid and reduce the heat to a simmer. Simmer the rice for minimum 10 minutes or until nearly all the water has been absorbed, then remove the pan from the heat and set aside for 10 minutes with lid on.

2. During cooking the sushi rice, make (B)sushi vinegar, for seasoning the sushi rice. Place ingredients (B) all into a pan and heat them over a medium heat. After about 2minutes, when the sugar has melted, remove from the heat and allow to cool. (You can make the sushi vinegar ahead and keep it in the fridge for up to 2 weeks.)

3. When the sushi vinegar has completed, transfer the rice to a bowl. Drizzle over the sushi vinegar, then mix well until all combined.