

Perfect Roll

Recipes



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Preparing sushi rice

Place 250 g of sushi rice in a strainer and wash using running, cold water until the draining water is clear. Let rice drip dry. Bring rice and 450 ml water to a boil, cover and let simmer for 10 minutes. Remove pot from stove, cover with a cloth and let soak for another 10 minutes. In the meantime, heat up three tablespoons of rice vinegar with one level teaspoon salt and sugar each. Drizzle vinegar solution over rice and fold in with chopsticks. Let soak for another 10 minutes. Makes approx. 700 g sushi rice.





Tekka Hosomaki with Tuna Fish Sake Hosomaki with Salmon

Ingredients (for 18 pieces)

- 75 g fresh tuna fish filet
- 75 g fresh salmon filet
- 2 Nori sheets
- 600 g prepared sushi rice
- 1 t Wasabi

Rinse tuna fish and salmon filets and pat dry. If required, remove bones with tweezers. Cut filets into approximately ½ cm wide strips.

Use cutting template to cut Nori sheets into 6 strips. Place one Nori sheet strip into Perfect Roll and place 1 tablespoon rice on top, and then spread on some Wasabi paste. Place tuna fish or salmon strips on top, cover with 1 tablespoon rice.

Close the Perfect Roll and complete the roll. Cut into 3 evenly sized pieces. Repeat the process with remaining Nori sheet strips.

California Rolls

Ingredients (for 12 pieces)

- 2 Surimi sticks
- 1 piece cucumber (approx. 7 cm)
- ¼ ripe Avocado
- 1 t lemon juice
- 2 T sesame seeds
- 2 Nori sheets
- 250 g prepared sushi rice
- 1 T mayonnaise

Pat Surimi sticks dry and cut in half lengthwise. Wash cucumber, cut in half lengthwise, remove seeds and cut into slivers with a thickness of approx. ½ cm. Peel Avocado piece, cut lengthwise into slivers and immediately sprinkle with lemon juice. Roast sesame seeds golden-brown without using fat and let cool on a flat plate.

Use cutting template to cut Nori sheets into 3 strips. Spread mayonnaise on one strip and insert into Perfect Roll with the mayonnaise side up. Place each one Surimi stick, cucumber sliver, and avocado sliver on top, roll up and remove. Repeat the process with the remaining Nori sheet strips.

Remove foil from Perfect Roll, dampen and replace. Place 1 tablespoon rice on top and then add one Surimi-cucumber package. Cover with 1 tablespoon rice and roll up. Remove the finished roll, move around in roasted sesame seeds and cut in 3 pieces. Repeat the process with remaining ingredients.





Hosomaki with Cucumber, Hosomaki with Avocado

Ingredients (for 6 pieces each)
1 piece cucumber (approx. 7 cm)
¼ bunch of chives
½ ripe Avocado
1 T lemon juice
2 Nori sheets
400 g prepared sushi rice
1 1/2 level t Wasabi

Wash cucumber, rub dry and cut in half lengthwise. Remove seeds and cut flesh into 1 cm wide slivers. Clean chives, wash and shake dry. Peel avocado, cut in half and remove pit. Cut flesh into 1 cm wide strips. Immediately sprinkle avocado strips with lemon juice.

Use cutting template to cut Nori sheets into 4 strips. Place one Nori sheet strip into Perfect Roll and place 1 tablespoon rice on top, and then spread on some Wasabi paste. Add cucumber strips and cover with 1 tablespoon rice. Close the Perfect Roll and complete the roll. Cut it in 3 evenly sized pieces. Repeat the process with the second Nori sheet strip.

Cover the third Nori sheet with 1 tablespoon rice and spread on some Wasabi paste. Place avocado strips and chives on top of the rice and cover with 1 tablespoon rice. Roll up the Nori sheet. Cut into 3 evenly sized pieces. Repeat the process with the last Nori sheet strip.



Sweet Sushi

Ingredients (for 4 servings/12-14 pieces)

250 g sushi rice
450 ml water
1 dash of salt
3 lime leaves
3-4 slices of ginger
30 g sugar
2 cl coconut liquor
1 Galia melon
1 mango
100 g grated coconut
A few mint leaves

Wash rice twice until water remains clear. Bring water, a dash of salt, lime leaves (coarsely torn), ginger, and sushi rice to a boil. Let simmer for 10 minutes over low heat.

Pour rice into large bowl and let all steam evaporate. Remove ginger slices and lime leaves. Mix in sugar and coconut liquor. Lightly roast grated coconut in a pan.

Peel mango and melon, cut to even sticks of approx. 3-4 mm, as wide as the Perfect Roll. Use the cutting template to assist in measuring.

Place 1 tablespoon rice into Perfect Roll, place one piece each of the mango and melon side by side on the rice, then cover with cut mint leaves. Then - offsetting the colours of the two pieces of fruit on the bottom – add one more piece of each fruit (so that a checker-board pattern forms when cut). Cover with 1 tablespoon rice. Finish the rolls, remove, and roll in grated coconut.

Let each stick sit for a while, then cut in half and serve.





Filled Potato Rolls with Smoked Salmon

Ingredients (for 4 servings)

600 g waxy potatoes

1 T food starch

2 eggs

Small bunch of chives, finely cut

Salt, nutmeg

150 g smoked salmon slices (alternatively cheese)

Oil

100 g concentrated butter

Wash and peel potatoes, cut into fine slices. Squeeze all liquid from the potatoes, then add salt, nutmeg, chives, and starch; finally, add the eggs. Fill a deep plate with cold water.

Place 1 to 2 tablespoons of potato mixture into the Perfect Roll, then place the smoked salmon strips on top and cover with 1 to 2 tablespoons of potato mixture. Now pull foil together. Roast potato rolls crunchy brown on all sides using concentrated butter over medium heat.

Bifteki with Sheep's Cheese Filling

Ingredients (for 4 servings)

500 g minced meat, beef and pork mixed

1 medium-sized onion, finely chopped

2 t lemon juice

1 egg

½ cup bread crumbs

1 level T salt

1 level t black pepper

1 level T oregano

200 g Feta cheese

Oil

Mix all ingredients except Feta and oil in a bowl. Cut Feta into 1cm thick and 7 cm wide strips. Place 1 to 2 tablespoons of meat mixture into Perfect Roll, use spoon to push flat. Place one strip of sheep cheese on top and cover with 1 to 2 tablespoons of meat mixture. Cover Perfect Roll and roll up the meat mixture. Remove and fry in a pan with oil for approx. 10 to 15 minutes.





Zucchini Polenta Rolls

Ingredients (for 4 servings)

250 ml milk

Salt, nutmeg

250 ml chicken broth

80 g polenta maize, finely ground

50 g walnut oil

1 small clove of garlic, chopped

3 stems of thyme, leaves removed and finely chopped

1 stem of rosemary, leaves removed and finely chopped

20 g ground parmesan

40 g dried tomatoes

20 g black olives

1-2 zucchini

Olive oil for roasting

Bring milk and chicken broth to a boil and season with salt and nutmeg. Add polenta maize and let boil for approx. 1 minute while stirring constantly. Then remove from heat and let soak.

Finely chop dried tomatoes and olives. Fold tomatoes, olives, together with walnut oil, herbs, and parmesan under the warm polenta mixture.

Wash zucchini and slice in half lengthwise into 1 mm thick, long strips. Then cut these down to the length of the cutting template.

Place 2 or 3 zucchini slices lengthwise, side by side, into the Perfect Roll, place one tablespoon of polenta mixture (at room temperature) on top and roll.

Roast in olive oil over medium heat in a coated pan, turning into the direction it has been rolled.



Roasted Potato Croquette

Ingredients (for 4 servings)

4 sheets of spring roll dough

600 g cooked potatoes

Salt, nutmeg

cut herbs e.g. rosemary, thyme, oregano or lovage

100 g concentrated butter

Mash cooked potatoes using a potato masher or squeeze through a potato press. Season with herbs and spices.

Place sheet of spring roll along the width of the cutting template and cut to a length of approx. 10 cm. Place spring roll sheet into Perfect Roll, add one tablespoon of the potato mixture, and roll.

Roast golden-brown on all sides in a coated pan with concentrated butter.

Muesli Fruit Sticks

Ingredients (for 4 servings)

80 g quick-cooking oats

80 g dried fruit, finely cut

50 g hazelnuts, chopped and roasted light-brown

30 g coconut flakes

1 knife tip cinnamon powder

50 g margarine

100 g sugar

100 g honey

1 t lemon juice

50 g whole milk chocolate, chopped

Parchment or baking paper

Using a medium-sized pot, bring margarine, sugar, honey, and lemon juice to a boil. Boil until caramel is light-brown. Remove the pot from heat and add oats, dried fruits, hazelnuts, and cinnamon, mix well. Then add chopped chocolate. Use cutting template to cut baking paper into strips. Now place strips of baking paper, one after the other, into Perfect Roll and cover each with 2 tablespoons of the mixture. Form to sticks while still warm. Remove and let cool on a platter.





Rolled Butter Variations

Mix all ingredients well in a blender or food processor with cutting blade. Use cutting template to cut parchment or baking paper to size. Insert into Perfect Roll, add one third of the butter mixture and roll up. Chill in refrigerator for one hour. Cut into 1.5 cm thick slices and serve. Makes 3 rolls/15 servings per recipe.

Parsley-Garlic Butter

Ingredients

250 g soft butter

1 hand full smooth parsley, chopped

5 cloves of garlic, crushed

1 T lemon juice

2 T salt

1 T black pepper

Parchment or baking paper

Black Olive Butter

Ingredients

250 g soft butter

100 g pitted black olives, chopped

3 T thyme leaves

1 t salt

1 t black pepper

Parchment or baking paper

Herbed Butter

Ingredients

250 g soft butter

1 bunch of radishes, finely chopped

1 hand full herbs, chopped (e. g. parsley, chervil, chives)

Salt

Pepper

1 splash lemon juice

Parchment or baking paper