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# **Tips, Tricks And Hints For Making Great Bamboo Sushi**

Sushi is a traditional Japanese food that is very nutritious and low in fat. Sushi is usually enjoyed on special occasions such as on celebrations.

In order to make sushi rolls at home, you should buy a high quality bamboo sushi mat. You should keep in mind a lot of things to make good quality sushi rolls. It is important to make the rice properly, and the nori should be of high quality as well.

The flavor of sushi would be really good if you choose all your ingredients, fish or vegetables, of the highest quality. It is very essential to make good sushi.

The bamboo sushi mat is actually a bamboo mat used to roll sushi into tight balls, without crushing the ingredients or rice. When the sushi is completely rolled, use the rolling mat to squeeze the sushi so it does not unroll when you are trying to cut it. Rolling is not easy for beginners, though practice will help build the skill to roll sushi perfectly.

Before commencing with the sushi rolling practice you should learn how to make sushi rice. After cleaning and soaking the rice, you can start with cooking. This takes about an hour in total with half an hour each for soaking and wetting, and half an hour for cooking.

Striking a good balance in soaking and cleaning is an essential skill which people do not have and often make a mistake in it. This results in low quality rice output which ultimately will fail your sushi no matter how good you have used the bamboo sushi mat.

You should also be careful about using flavored nori. People often use flavored nori for the sake of experiment only to find that the result is not great. Sushi should always be made with high quality and unflavored sushi. You should avoid any other type of nori to go with your sushi.

While you are practicing and experimenting with bamboo sushi mat, it is advisable to use lesser expensive ingredients and even so avoid wasting them. In Japanese culture it is considered a disrespectful gesture to waste edibles. Once you perfect the art of bamboo sushi mat, you can switch to premium quality ingredients.

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