

# KOREAN KIMBAP / SUSI

## 韓式壽司

### ☺ RICE (米):

- \* 2 cups steamed rice (2 杯熟飯)
- \* ½ tsp salt (1/2 茶匙鹽巴)
- \* 2 tsp sesame oil (2 茶匙香油)
- \* 1 tbsp olive oil (1 茶匙橄欖油)
- \* ½ tsp sesame seeds (1/2 茶匙芝麻)
- \* 1 package spinach (1 袋菠菜)

### ☺ INGREDIENTS (材料):

- \* 5 sheets dried seaweed (Nori) (5 張海苔)
- \* Vegetarian ham (素火腿)
- \* 1 seedless cucumber (1 條去籽小黃瓜)
- \* 5 pickled burdock (5 條醃牛蒡)
- \* 5 pickled radishes (5 條醃蘿蔔)

1. When rice is almost cooled, mix with sesame oil, olive oil, salt, and sesame seeds.  
米飯快涼的時候, 加入香油, 橄欖油, 鹽巴和芝麻.
2. Slice cucumber in lengths, place in bowl and sprinkle with 1 tsp of salt, and let rest for 5 minutes. Rinse cucumber and dry.  
小黃瓜切長條, 放碗中灑一茶匙鹽巴, 靜置 5 分鐘, 然後沖水, 擦乾.
3. Parboil spinach for 20 seconds. Rinse in cool water and squeeze spinach to remove most of the water.  
菠菜快煮 20 秒, 放置冷水中, 然後擰去大部分的水分.
4. Using a bamboo sushi roller lay the dried seaweed shiny side down.  
將乾海苔攤放在壽司竹捲上, 光滑面朝下.
5. Spread about ½ cup of rice onto 2/3 of seaweed, leaving the top 1/3 bare.  
將 1/2 杯米飯鋪在海苔的 2/3 處, 空出上端 1/3.
6. Lay the first ingredient down around 1/3 of the way from the bottom of the seaweed. Lay the remaining fillings on top.  
在海苔下方大約 1/3 處先鋪上第一層材料, 再繼續把其餘的材料鋪疊上去.
7. Roll from the bottom, pressing down to make fillings stay in.  
從下方開始捲起, 要往下壓, 不要讓材料掉出來.
8. Place a dab of rice along the top seam to hold roll together.  
沿著上方的接縫處放一小撮米粒, 輕輕壓, 將壽司捲固定好.
9. When all the seaweed rolls are completed into logs put a little bit of sesame oil on your palm and rub the surface of the seaweed logs. This will give a nice shine and protect them from getting dry.  
捲好之後, 在手心倒些香油塗抹到壽司捲的表面. 這樣可以讓表面光亮, 也可避免變乾.
10. Cut each roll into equal parts.  
將壽司捲切成等份.