



COOK IT YOURSELF

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OUR CONCEPT

In a world often characterized by quick fixes, our bamboo steamer recipes invite you to revive the timeless tradition of preparing meals with your own hands. We praise the art of creating flavors from scratch and advocate the unparalleled satisfaction that can be found in the act of culinary creation.

Discover the allure of steaming, a method that preserves ingredients of minerals and vitamins. Join us in celebrating the joy of home cooking, where each dish demonstrates passion, patience and the allure of cooking for yourself.

Good Sushi begins, of course, with the rice



Making sushi rice

INGREDIENTS

400 grams **uncooked rice**
550 ml **lukewarm water**
2 tbsp. **rice vinegar**
10 grams **sugar**
10 grams **salt**

INSTRUCTIONS

For 22-30 pieces, you will need about 400 grams of uncooked rice. Wash the rice in a bowl of water and gently rub the rice between your fingers.

Change the water and wash the rice again. Repeat this process until the water remains clear. Let the rice swell in a sieve for at least 30 minutes.

Place the rice with 550 ml of lukewarm water in a saucepan with a lid and bring to a boil. When the rice boils turn the heat down to low and let it simmer until all the water is absorbed. After this, remove the pan from the heat and let the rice rest for 15 minutes in the pan and without removing the lid from the pan.

To get that delicious acidity in the rice, mix 2 tablespoons of rice vinegar with 10 grams of sugar and 10 grams of salt until sugar and salt are dissolved.

Dump the cooked rice onto a large cutting board and loosen with a wooden spoon or spatula. Now drizzle the rice with the vinegar mixture. With the wooden spoon turn the rice over and loosen it.

Make sure the vinegar mixture is well distributed. Cool the rice completely before you start making the sushi.

PORTIONS

4

TIME

45

mins

LEVEL

easy



Sushi with avocado, cucumber and salmon

INGREDIENTS

<i>400 grams</i>	Sushi rice
<i>4 tbsp.</i>	Sushi vinegar (sweet and sour)
<i>3</i>	Avocados
<i>1</i>	Cucumber
<i>300 grams</i>	Fresh salmon
<i>8</i>	Nori sheets

INSTRUCTIONS

Use the sushi rice from the first dish to make your sushi.

Slice the avocados, the cucumber into thin strips and the salmon into thin slices. Cut the nori sheets in half. Have a bowl of water ready for sticky fingers; the sushi rice sticks quite a bit.

Fill the bazooka with sushi rice and make slots for the avocado, cucumber and salmon. Fill the slots to your liking and press the bazooka together tightly.

Then turn the bazooka according to the instructions and this way you can lay down the sushi on the nori sheet.

Use the nori sheet to properly roll the sushi again.

Cut the sushi roll into pieces and serve with wasabi and soy sauce.

You can repeat this recipe with various fillings.



PORTIONS

4

TIME

10
mins

LEVEL

easy



Nigiri

PORTIONS
4

TIME
15
mins

LEVEL
medium

INGREDIENTS

- 300 grams **Cooked sushi rice**
- 1 **Raw salmon fillet (halibut, salmon trout or sea bass are also excellent)**
- 8 **Prawns or langoustines.**
- Soy sauce**
- Serve with**
- Japanese soy sauce**
- Wasabi**
- Gari (pickled ginger)**

INSTRUCTIONS

Use the sushi rice from the first dish to make your sushi with.

The prawns need a longer preparation, so start with these. If necessary, remove the head and insert a skewer into the prawn, just below the shell. Push the skewer all the way to the tail so that the prawn is straight. Blanch them prawns in boiling water for 5 minutes. Let them cool in ice water.

Now peel the prawns and cut them in half along the bottom, lengthwise. You don't cut them all the way through. You should be able to flip it open.

Remove the gut and the prawn is ready. Cut the salmon diagonally - against the grain - into 8 thin slices.

Roll the sushi rice into 16 evenly shaped oval balls. Spread a little of the diluted wasabi on the rice, place the fish or prawn on top and you're done.



Tip: For this dish, you can use the bamboo steamer basket from Cook It Yourself. You can find these in our assortment at www.cookityourself.eu

Extra: Steamed vegetable mix



INSTRUCTIONS

Wash your vegetables well and cut them into bite-sized pieces. Arrange them in a single layer in steam trays according to the cooking time required. For example:

Bottom tray: equal pieces of slower-cooking vegetables. For example: sweet potato, potato, winter squash, beets. These are usually cooked in about ten minutes.

Middle tray: equal pieces of broccoli, cauliflower. Top tray/last minute: asparagus, fava beans (inner pods), peas. Bring a decimeter of water to a boil in a pan large enough for the diameter of your steamer. You can also use a wok. The water should not be so high that it makes contact with the vegetables when you place the steamer in the pan - do a quick test if you are not sure and remove some water if necessary.

The goal is for your vegetables to be perfectly cooked and ready to serve just before you sit down. Ideally, all the vegetables should be cooked at the same time. Here's how you do it...

INGREDIENTS

A selection of seasonal vegetables

Flaky sea salt

Good olive oil, a few drops of toasted sesame oil or shallot oil

Ponzu sauce/soy sauce

About ten minutes before you are ready to serve, place the vegetables from the slow-cooking bottom plate over the boiling water, covered. Let them steam there until they are about 2/3 done, about 6-7 minutes. Do a test and cut into the root vegetables toward the end to make sure they are cooked.

The middle dish only needs 3-4 minutes, so add those and raise the lid one level. And the vegetables on the top plate, like chickpeas and asparagus, only need a little steam to lift, barely a minute. Add that last. Or if you only have two baskets, add those to the broccoli/bloemal basket to finish it off. You'll have to make small adjustments based on the size of your vegetables, but this is the general idea.

Cook them until they are clear and tender and you like the taste.

Serve the steamed vegetables, nestled, in a basket to serve with a drizzle of good oil - toasted sesame, shallot, olive oil, herbs, etc. With a touch of flaky sea salt. Or a nice topping of ponzu.

PORTIONS

4

TIME

10
mins

LEVEL

easy



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