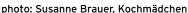


Sushi with avocado, chives and Westphalian Pumpernickel

Preparation

- 1. Put the rice in a sieve and wash until the water is no longer milky. Drain the rice well and then place in a pot with a lid and 250 ml of water. Bring to a boil. Simmer for 10 minutes at low heat. Then cover and allow to steep for 10 minutes.
- 2. Place the cooked rice in a glass bowl. Dissolve the sugar and salt in rice vinegar, pour the vinegar over the rice and mix well. Then let the rice cool down.
- 3. Cut the pumpernickel into strips. Remove the avocado from the pip, peel and cut into strips. Mix the cream cheese with parsley and a handful of chives and season with salt and pepper.
- 4. Wrap a sushi mat with cling film. Using wet hands, spread the rice over the mat to form a rectangular surface. Place a row of pumpernickel in the middle. Coat the pumpernickel with cream cheese. Place the avocado strips on top.
- 5. Use the mat to form a roll. Leave to cool. To serve, cut open and roll each piece of sushi in the chopped chives.







Ingredients

250 g of sushi rice

20 ml rice vinegar

1 tsp. salt

1/2 tsp. sugar

2 slices of Mestemacher

WESTPHALIAN Pumpernickel

1 avocado

100 g of cream cheese

1 bunch of chives, finely chopped

some parsley, finely chopped