



Masu Sushi

(Trout with Shiso Leaves
Pressed Sushi)

Serves 6-8

Ingredients

6-7 bamboo leaves (or enough cling film to line the mould / cake tin)

700g sushi rice

6-8 shiso leaves

175-200g smoked trout, sliced very thinly

Method

1. If using a cake tin, remove the base and place the tin on a flat, firm surface such as a chopping board. Line the inside of the mould or cake tin with the bamboo leaves or cling film, leaving enough of the leaves or cling film at the top to cover the sushi when it is made. Put half of the rice in the mould, to a depth of 2cm, place the shiso leaves on top of the rice, and then put the rest of the rice on top. Place the trout slices evenly on top of the rice.
2. Fold and tuck the bamboo leaves or cling film over the top, then put the lid of the mould or base of the cake tin on top and press hard. Place a weight on top (a full jam jar is ideal) and leave in a cool place for half an hour to set. You want it to become a little bit flat and to stick together. Carefully pull the oshi sushi out of the mould or tin, unwrap the leaves or clingfilm and slice the sushi into 6-8 pieces.