

SOUTH WEST SUSHI CREW – Darren Sharp

Dorset Crab, Mango and Basil Sushi Roll with a Pickled Ginger Salad,
Wasabi and Soy Dressing

Serves 4

100g Sushi Rice
150ml Cold Water
Sushi Seasoning
4 Sheets Dried Nori
100g White Crab Meat
1 Mango
1 Bunch Basil
20g Pickled Ginger
Mixed Salad Leaves
5g Wasabi Paste
10ml Soy Sauce
20ml Sesame Oil

1. Rinse rice well in cold running water.
2. Add the 150ml of cold water to the rice and bring to boil in a pan.
3. When boiling turn down low with lid on for 11mins. Remove from heat and leave to stand with the lid on for another 11 mins.
4. Leave to cool in a glass bowl and stir in sushi seasoning to taste.
5. Cut the dried nori sheets in half to get 8 pieces.
6. Lay the rice flat on the the nori then turn over.
7. Lay the crab, mango slices and pickled basil on top.
8. Roll using a sushi mat, and slice into equal pieces
9. Mix the ginger and salad leaves together and toss in a dressing made from the wasabi, soy and sesame oil.

Seared Mackerel with a Wakame and Yuzu Butter Sauce served with Enoki Mushroom Salad.

Serves 4

4 Fresh Mackerel
Salt and Pepper
100ml Sake
10ml Yuzu Juice
20g Wakame
150g Unsalted Butter
40g Enoki Mushrooms
Mixed Salad Leaves
10ml Rice Vinegar
20ml Sesame Oil

1. Fillet pin bone and season the mackerel fillets.
2. Reduce the sake by 2 thirds in a pan.
3. Add the yuzu juice and the wakame which has been soaked in water.
4. Remove from the heat and gently shake the chopped up butter in to this, it will form a glossy emulsion.
5. Sear the mackerel fillets in a hot pan with a little oil for a minute each side.
6. Serve with the sauce drizzled over the fish and a lightly dressed enoki salad.