Mackerel, bergamot lemon and dill makis





20 people | 30 min preparation time | 30 min cooking time

All ingredients

1 tin of 118g la belle-Iloise Mackerel fillets with bergamot lemon and dill
150g sushi rice
150g cold water
2 tablespoons rice vinegar (20g)
2 pinches salt
2 pinches sugar
½ avocado
Dried nori sheets

Steps

1- Soak the rice for an hour in cold water then rinse thoroughly..
2- Put the rice in a saucepan with cold water, cover and bring to a simmer
3- Without stirring and without removing the lid, lower to gentle heat for 5 min and then to very gentle heat for another 5 min
4- Leave to rest for 10 min covered. Combine the vinegar with the salt and sugar. Tip the rice into a bowl, pour on the vinegar mixture and combine. Leave to cool
5- To prevent the rice sticking to your fingers, regularly dip them and the utensils you are using into a bowl of warm water
6- Place a nori sheet on a sushi rolling mat
7- Drain the mackerel fillets, keeping the sauce, and cut the avocado into sticks
8- Place a layer of rice on the nori sheet, and then pieces of fish and avocado in a lengthwise strip about 4cm from the edge
9- Roll up with the mat, pressing gently to make a uniform cylinder
10- Chill for 15 minutes

11- Cut into 2 cm thick discs with a thin wet knife
12- Filter the mackerel sauce and place it in a small bowl
13- Serve the makis accompanied by the sauce