

# Sushi Rice

Learn to make perfect sushi rice with this easy recipe. Step-by-step guide for seasoned Japanese rice with the ideal sticky texture for sushi.

10 min

PREP

35 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 2 cup rice
- 2 cup water
- 0.25 cup rice vinegar
- 2 tbsp granulated sugar
- 0.5 tbsp sea salt

## Instructions

### 1 Prepare the rice

Place 2 cups short-grain Japanese rice in a fine-mesh strainer and rinse under cold running water, gently stirring with your hand, until the water runs mostly clear, about 4-5 rinses.

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- Transfer the rinsed rice to a bowl and cover with fresh cold water. Soak for 30 minutes, then drain completely in the strainer.

### 3 Cook the rice

Combine the drained rice and 2 cups cold water in a heavy-bottomed saucepan with a tight-fitting lid. Bring to a boil over high heat, about 3-4 minutes.

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- Once boiling, immediately reduce heat to the lowest setting and cover tightly. Simmer for exactly 18 minutes without lifting the lid.

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- Remove from heat and let stand covered for 10 minutes to finish steaming. The rice should be tender and have absorbed all the water.

## 6 **Make the sushi vinegar**

Heat 0.25 cups rice vinegar, 2 tablespoons sugar, and 0.5 tablespoons salt in a small saucepan over low heat, stirring constantly until the sugar and salt completely dissolve, about 2-3 minutes.

## 7 **Season the rice**

Transfer the hot rice to a large, shallow bowl and drizzle the warm vinegar mixture evenly over the surface.

8 Using a wooden spoon or rice paddle, fold the rice using a cutting and slicing motion (don't stir in circles) to evenly distribute the seasoning without mashing the grains.

9 Continue folding while fanning the rice with your other hand or a hand fan to cool it quickly and develop a glossy sheen, about 8-10 minutes until the rice reaches body temperature (98°F/37°C).

10 Cover the seasoned rice with a damp kitchen towel and keep at room temperature until ready to use for sushi, up to 4 hours.

## Tips

Rinse rice in cold water until the water runs mostly clear, typically 3-4 rinses. This removes excess starch that can make rice gummy while preserving enough for proper stickiness.

Soak rice for 30 minutes before cooking to ensure even water absorption and better texture. This step is crucial for achieving the ideal grain consistency.

Use a wooden spoon or rice paddle when mixing in the vinegar seasoning. Metal utensils can react with the vinegar and affect both flavor and rice texture.

Add the vinegar mixture while rice is still hot for optimal absorption. The warm grains will absorb the seasoning better than cooled rice.

Cover rice with a damp cloth between uses to prevent surface drying. Never refrigerate sushi rice as it will harden and lose its proper texture.

Use sushi rice at body temperature for easiest handling when shaping. Rice that's too hot or cold will be difficult to work with and won't hold shapes properly.

Make fresh sushi rice on the day you plan to use it. While it can be stored, the texture and flavor are best within a few hours of preparation.