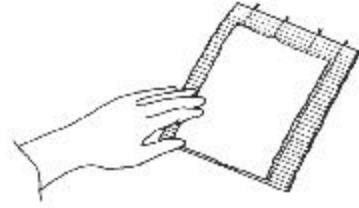
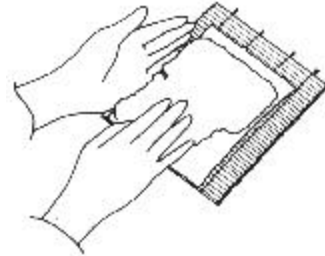


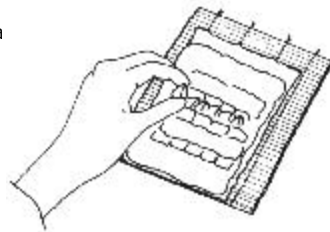
1. Place a sheet of nori on the bamboo mat, shiny side down.



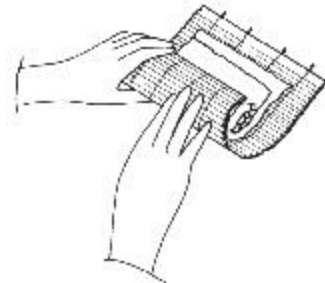
2. Keeping your hands moistened, put two or three tablespoons of sushi rice in the center of the nori and spread evenly over the seaweed.



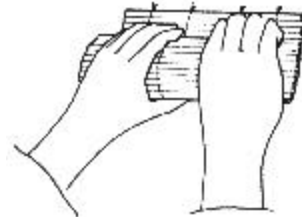
3. Use the palm of your hand at the side of the seaweed to form a firm edge, and leave a one-inch margin at the top of the nori to seal the roll. Spread a streak of wasabi across the middle, then add layers of fish and vegetables across the center of the rice.



4. To roll, fold the bamboo mat so the filling is enclosed in the center of the nori.



5. Press the mat around the roll for about thirty seconds to shape it, then moisten the margin of seaweed and seal the roll as tightly as possible.



6. Remove the mat from around the roll, press in the loose ends and place it on a cutting board, seam side down. Slice the roll into one-inch rounds, using a wet, sharp knife. Do not saw, but cut firmly, straight down.

