

How to Cut Cucumbers for Sushi

Learn how to cut cucumber for sushi in 2 ways. You can improve your sushi-making skills with detailed tips for perfect cucumber slices.

 Difficulté Facile

 Durée 10 minute(s)

 Catégories Alimentation & Agriculture

 Coût 0 USD(\$)

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Introduction

Cucumber and sushi is a perfect combination. Today, we will focus on cucumber, this simple but important ingredient, exploring two different ways to prepare cucumbers for sushi. Whether you are a seasoned sushi cook or just interested in food, learning the tips in this guide can improve your sushi-making skills.

Matériaux

Fresh cucumbers

Outils

- A sharp Santoku knife
- A Vegetable Peeler
- A Cutting Board

Étape 1 - Method 1-Step 1: Cleaning and Peeling

To start, wash your cucumber thoroughly to get rid of dirt or chemicals. If you don't like the taste of the cucumber skin, you can peel the skin off in long and downward strokes with a sharp peeler. This depends on your preference.

Étape 2 - Step 2: Cutting the Cucumber to the Right Length

Measure and cut the cucumber to just over the length of a nori sheet—a little more than 4 inches. This ensures that the cucumber goes all the way along the roll, so the taste and texture are spread out evenly.

Étape 3 - Step 3: Taking Out the Seeds

Carefully take out the seeds from the cucumber. This is a very important step because the seeds can mess up the clean lines of your sushi rolls and add moisture that you don't want.

Étape 4 - Step 4: Slicing

Lastly, cut the cucumber lengthwise into thin strips about 3/8 inch thick. The strips should be the same length so that they can roll up nicely and keep the sushi's intact structure.

Étape 5 - Method 2-Step 1: Prepare the Cucumber

For this method, the English cucumber is best because it is usually seedless and has the right length and width for sushi rolls. Wash the cucumber well to get rid of dirt or dust first.

Étape 6 - Step 2: Peeling (Optional)

If you don't like the taste of the cucumber's skin, just peel it off with the peeler. If you don't mind and even want to add a green color to your sushi rolls, just skip this step.

Étape 7 - Step 3: Slice with Your Peeler

Carefully cut off the ends of the cucumber. Lay the cucumber out flat on the cutting board. Slide the vegetable peeler carefully along the cucumber to make long and thin slices. Make sure that every slice is uniform so that you can roll them all the same way.

Étape 8 - Step 4: Final Slice with Your Knife

After you get long and thin slices of cucumber, you can now place ingredients on them and begin to roll up. Once the rolling process finishes, carefully use your knife to cut the long roll in half and halve again until you get your even size.
