How to make Sushi

1. Put a sheet of plastic wrap over bamboo mat.
2. Place Nori down on the bamboo mat. Typically, the shinier side is put face down.
3. With damp hands, grab the cooked rice and spread it onto the Nori. The layer of rice should be thin enough so that you can see the Nori underneath.
4. Leave about half an inch of space at the edge of the Nori furthest from you, and rub a bit of warm water on it. This will help the two sides of Nori stick together.
5. Line up your ingredients in the middle of the Nori.
6. Holding the closest edge of the bamboo mat, roll the sushi away from you.
7. Tighten the roll as you go, the way you would a rug to minimize excess space. Be careful not to make it too tight, however, or fillings may start to fall out.
8. Once tightened, you should be able to unwrap the bamboo without the roll coming apart.
9. Cover your roll with the bamboo mat and press your hands over it to further pack the roll.
10. Move your full roll to a cutting board. Slice it first down the middle. From there you can cut it into sixths or eighths, whichever you prefer.