

Sushi 2.0

- 11.8.2023 -

Stir Fry Vegetable Tempura

Servings: 4

Ingredients

- 5 tablespoons flour
- 5 tablespoons cornstarch
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup sparkling water
- ice cubes, if needed
- 1 lb. assorted frozen stir fry vegetables
- 1/2 cup soy sauce

Instructions

1. In a skillet over medium heat, cook frozen stir fry vegetables until they are no longer frozen.
2. In a medium bowl, whisk the flour, cornstarch, baking powder, baking soda, and salt. Add the club soda and whisk until the batter is smooth. If the batter is too thick, add an ice cube to help thin it out.
3. Pour enough oil into a medium saucepan to measure about 2 inches. Attach a deep-fry thermometer to the pan and heat the oil to 350F. Line a plate with a double layer of paper towels.
4. Working in batches, drop a few slices of vegetables into the batter. Stir gently to coat.
5. Using tongs, lift the food from the batter, allowing excess batter to drip back into the bowl. Carefully add a few pieces to the hot oil, making sure not to overcrowd the pot.
6. Turn vegetables occasionally and fry until lightly golden on all sides, about 1 to 1 1/2 minutes. Transfer tempura to paper towels. Season with salt and serve with soy sauce

Source: <http://www.shutterbean.com/2017/vegetable-tempura/>

Sushi Rice

Makes Rice for 2 Rolls

Servings: 4 rolls (1 cup = about 2 rolls)

Ingredients:

- 2 cups sushi rice
- 2 cups water,
- 2 TBSP rice vinegar
- 2 TBSP sugar
- 1 TBSP salt

Instructions:

1. Place rice in a bowl and cover with cool water. Swirl the rice around, pour off the water, and repeat 2-3x until water is clear
2. Place the rice and water into a medium saucepan on high heat.
3. Bring to a boil, then reduce heat. Cook for 15 minutes.
4. Remove from heat and let stand covered for 10 minutes.
5. Combine the rice vinegar, sugar, and salt in a small bowl and heat in the microwave for 30-45 seconds.
6. Transfer the rice into a large mixing bowl and add the vinegar mixture. Fold to combine.
7. Let cool before making sushi!

Source: <https://www.foodnetwork.com/recipes/alton-brown/sushi-rice-recipe-1944633>

Eel Sauce

Servings: 4

Ingredients:

- $\frac{1}{3}$ cup soy sauce
- $\frac{1}{3}$ cup mirin
- $\frac{1}{3}$ cup white sugar

Instructions:

1. Heat soy sauce, sugar, and mirin into a small saucepan over medium heat
2. Cook and stir until reduced by half.

Source: <https://www.allrecipes.com/recipe/201093/eel-sauce/>

Spicy Mayo

Servings: 2

Ingredients

- 2 tbsp mayonnaise
- 2 tsp sriracha
- ¼ tsp sesame oil

Instructions

1. Combine in a bowl using a fork until smooth

Source: <https://www.allrecipes.com/recipe/241410/spicy-sushi-mayo/>

Fried California Roll

Makes 2 Rolls

Ingredients:

Sushi roll

- 1-2 cups cooked sushi rice
- 2 sheets of nori
- 3 sticks imitation crab meat
- ½ avocado, sliced into thin slices
- ½ cucumber, sliced into thin slices
- 2 oz cream cheese (roughly)
- 1 TBSP eel sauce
- 2 TBSP spicy mayonnaise

Tempura batter

- 1 egg
- 1 TSP sriracha (optional)
- 1 TSP soy sauce
- 1 cup panko bread crumbs
- Oil for frying (canola or peanut oil)

Instructions

1. Lay down a piece of plastic wrap over a sushi mat. Add cooked sushi rice to the saran wrap.

2. Lay another piece of saran wrap over the top of the sushi rice, and roll out the rice with a rolling pin (or by using your hands to form an even, pressed out layer) until it's large enough to lay the nori over and is about ½ inch thick.
3. Remove the plastic wrap from the rice, and add a nori sheet to the top of the rice with the shiny side up.
4. Add crab, avocado, cucumber, cream cheese, spicy mayonnaise, and eel sauce, as desired, evenly across sushi rice.
5. Pull together the underlying plastic wrap so the roll goes up together. Use the sushi mat to press the roll into a long cylinder and pack the rice so the entire roll is an enclosed cylinder.
6. In a rectangle bowl or dish that can fit an entire sushi roll, add the egg, sriracha, and soy sauce, whisking the mixture together. Roll the sushi roll in this egg mixture.
7. Then, roll the sushi roll panko bread crumbs spread out on a plate or baking sheet.
8. Heat 1-2 inches of oil in a deep skillet until it is 350-360 degrees. Be careful!
9. Lay the sushi roll in the skillet and cook for 2-3 minutes per side or until the outsides are golden brown, remove from oil and place on a paper towel so excess oil is drained.
10. Slice the roll using a sharp and wet knife. Enjoy with desired sauces!

Source: <https://www.flypeachpie.com/2020/10/14/fried-california-sushi-roll/>

Avocado Shrimp Dragon Roll

Makes 1 roll

Ingredients

- 1 sheet of nori
- ¾ cup sushi rice
- 1 TBSP mayonnaise
- 1-2 cucumber slices
- 2 pieces of shrimp, cooked
- 3 avocado slices
- Avocado for topping, in thin slices

Instructions

1. Boil or saute shrimp as desired until it is cooked. Cut cucumbers into lengthwise slices and cut the avocado into slices.

2. Spread most of the rice (reserve 2-3 TBSP) over one side of the nori. Stick it to the nori sheet so it lays in an even layer.
3. Turn the sheet with rice around, so the rice is facing down on the rolling mat (that is covered with saran wrap). Spread the remaining rice onto the nori sheet. Keep a ½-1 inch border from the edges of the nori to both the top and bottom sides.
4. Add the mayonnaise in a line over the rice, place shrimp, cucumber, and avocado slices so everything fits evenly.
5. Start to roll your sushi with the help of your bamboo mat. Gently roll and press down with both of your hands until you have a tight sushi roll.
6. Cut avocado into thin slices. Place these slices over the sushi roll so they are spread out, making it look like green dragon scales.
7. Place saran wrap over the avocado slices and the rolling mat and wrap the wrap around the avocado, so it sticks to the inside-out sushi rice. The avocado slices should be holding the rice on the sushi roll.
8. Slice your sushi roll with a sharp and clean knife. It helps if you clean and wet your knife after every cut. Enjoy with desired sauces!

Source: <https://www.masalaherb.com/dragon-roll/>