

# Sushi 1.0

10.11.2023

## Sushi Rice

Makes 2 rolls

### Ingredients:

- 1 cups white rice (1 cup = ~2 rolls)
- 1 cups water,
- 1 TBSP rice vinegar
- 1 TBSP sugar
- ½ TBSP salt

### Directions:

1. Place rice in a bowl and cover with cool water. Swirl the rice around, pour off 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>

## California Rolls

Serves 2-4

### Ingredients

- ¼ lemon
- ½ medium avocado
- 2 sheets nori

- ½ cup sushi rice
- 3 tablespoons sesame seeds toasted
- ½ small cucumber, sliced into matchstick size pieces
- 2 crabsticks, torn into pieces
- Pickled ginger, wasabi and soy sauce for serving

### **Instructions**

1. Squeeze the lemon juice over the avocado to prevent the browning.
2. Cover a bamboo rolling mat with plastic wrap. Cut nori sheets in half crosswise.
3. Lay 1 sheet of nori, shiny side down, on the plastic covered mat. Wet your fingers with water and spread about ½ cup of rice evenly onto nori.
4. Sprinkle rice with sesame seeds. Turn the sheet of nori over so the rice side is down
5. Place ⅛ cucumber, avocado and crab sticks in the center of the sheet.
6. Grab the edge of the mat closest to you while keeping the fillings in place with your fingers and roll it into a cylinder.
7. Cut into six pieces and repeat for the other 3 rolls.

Source:<https://www.foodnetwork.com/recipes/alton-brown/california-roll-recipe-1916375>

### **Recipe #3: Philly Rolls**

**Servings: 2 Rolls**

#### **Ingredients:**

- 2 oz smoked salmon
- ½ cup sushi rice
- ½ small cucumber, sliced into matchstick size pieces

- 2 sheets of nori
- 2 OZ cream cheese
- Unagi sauce garnish

**Instructions:**

1. Cover a bamboo rolling mat with plastic wrap. Cut nori sheets in half crosswise.
2. Lay 1 sheet of nori, shiny side down, on the plastic covered mat. Wet your fingers with water and spread about ½ cup of rice evenly onto nori.
3. Place a few sticks of cucumber, 1 oz smoked salmon, and 1 oz cream cheese in the center of the sheet.
4. Grab the edge of the mat closest to you while keeping the fillings in place with your fingers and roll it into a cylinder.
5. Cut into six pieces and repeat for the other 3 rolls.
6. Squeeze or drizzle unagi (or other) sauce over the top of the roll

**Recipe #4: Steamed Edamame****Servings: 5****Ingredients:**

- 1 cup raw or frozen Edamame
- 2 tbsp Sea salt
- Soy sauce (for dipping)

**Instructions:**

1. Steam edamame in a shallow pan of water or in the microwave
2. Sprinkle with sea salt and eat.

**Recipe #5: Unagi Sauce**

**Yield: 1.5 Cups**

**Ingredients:**

- ½ cup soy sauce
- ½ cup mirin
- ½ 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

### **Recipe #6: Spicy Mayo**

**Yield: ½ Cup**

**Ingredients:**

- ½ cup mayonnaise
- 3 Tbsp sriracha
- 1 tsp sesame oil

**Instructions:**

1. Combine in a bowl and mix using fork or whisk