Ginger Salad
Serves 4
Ingredients
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 2 teaspoons sugar
- 1 tablespoon fresh minced ginger
- 1 clove garlic, minced
- 4 cups shredded green leaf lettuce
- 2 cups shredded red cabbage
- 2 carrots, julienne
- ½ cup slivered almonds
- ½ cup slivered scallions
- 2 tablespoons toasted sesame seeds

Directions
1. To make the dressing, blend the olive oil, sesame oil, rice vinegar, soy sauce, sugar, ginger, and garlic until smooth. Set aside.

2. Toss the lettuce, cabbage, carrots, almonds, and scallions in a large bowl with the salad dressing.

Nutrition fact: Ginger is high in vitamin C!

Sushi Rice
Serves 6-8
Ingredients
3 cups white rice  
½ cup rice vinegar  
2 tbsp sugar  
2 tsp salt

Directions
1. Wash the rice (1 cup = ~2 rolls) with running water for 1-2 minutes until there is no more starch coming out of it. After you are done washing, take the rice and place it gently in a pot, add a little bit more water than rice (the ratio is about 1.15:1 in favor of the water). Don’t put too much water, or you’ll get dough instead of rice. (A rice cooker can also be used)
2. The rice should be cooked on high heat at first, stir every minute or two, until the water boils. Then, lower the heat to minimum and cover the pot. Stop stirring, the rice will handle itself from now.
3. After 6-8 min, check the water level - If there is no more water, only bigger grains of rice in the pot - that means the rice is ready. If not, check back every minute, making sure not to burn the rice at the bottom.
4. There are a few important issues to keep in mind while taking the rice out of the pot. First, use only a wooden spoon to handle the cooked rice. A metal spoon will damage the rice, and can also react with the vinegar we'll add later. Second, don't scrape the rice out from the bottom of the pot. If it comes out easily, good, if not - leave it be. The rice at the bottom is dry and burned so it won't taste so good. Use a wooden or plastic bowl to put the rice in to chill.
5. In order for the rice to taste like sushi rice (and not like an ordinary rice), you need to add rice vinegar to it right after you take it out of the pot.
   1. For 3 cups of rice, use ½ cup of rice vinegar, 2 tablespoons of sugar and 2 teaspoons of salt.
   2. Mix rice vinegar, sugar and salt together in small pot, on medium heat until all solids are mixed in.
   3. Pour mixture over rice and stir well.
5. Let rice cool down for a few minutes until it is within the room temperature. Don't put the rice in the fridge to make it cool faster - that will damage the rice. You can however use a fan, A/C or put it by the window.

Spicy Tuna Rolls
Serves 2 rolls
Ingredients
- 1½ cups sushi rice (Recipe)
- 4 oz sashimi-grade tuna (4 oz = 113 g)
- 3 teaspoons Sriracha sauce
- ½ teaspoons sesame oil
- 2 green onions/scallions (cut into thin rounds)
- 1 sheet nori (seaweed) (cut in half crosswise)
- 2 Tbsp white sesame seeds (roasted/toasted)
- Spicy Mayo (Recipe)
- Tezu (vinegar hand-dipping water)
- ¼ cup water
- 1 Tbsp rice vinegar

Directions
1. Gather all the ingredients. For complete guide to make sushi rice, please check sushi rice recipe.
2. Make vinegared hand-dipping water (Tezu) by combining ¼ cup water and 1 Tbsp rice vinegar in a small bowl. Applying this water to your hands prevents rice from sticking to your hands.
3. Cut the tuna into ¼" (0.5 cm) cubes (or you can mince the tuna).
4. In a medium bowl, combine the tuna, Sriracha sauce, sesame oil, and some of green onion (save some for topping).
5. Lay a sheet of nori, shiny side down, on the bamboo mat. Wet your fingers in tezu and spread ¾ cup of the rice evenly onto nori sheet. Sprinkle the rice with sesame seeds.
6. Turn the sheet of nori over so that the rice side is facing down. Line the edge of nori sheet at the bottom end of the bamboo mat. Place half of the tuna mixture at the bottom end of the nori sheet.
7. Grab the bottom edge of the bamboo mat while keeping the fillings sin place with your fingers, roll into a tight cylinder. Lift the edge of the bamboo mat and continue to roll it forward while keeping gentle pressure on the mat.
8. With a very sharp knife, cut the roll in half and then cut each half into 3 pieces. Clean the knife with a damp cloth every few cuts. (When you wrap the roll with a plastic wrap, rice won’t stick to your hands.)
9. Put a dollop of spicy mayo on top of each sushi and garnish with the remaining green onion.

Nutrition fact: Tuna is a great source of Omega 3 fatty acids

Shrimp Tempura Rolls
Serves 5
Ingredients
- 1 1/2 cup sushi rice
- 2 cups water
- 1/4 cup seasoned rice vinegar (Marukan)
- tempura batter
- 1 lb large shrimp, peeled and deveined
- 1 packages imitation crab sticks (Safeway brand)
- 2 tbsp mayonnaise
- 1 avocado (ripened but not brown)
- 1 English cucumber
- 4 oz cream cheese
- 5 sheets toasted nori seaweed
- black and white sesame seeds
- corn oil for deep frying

Directions
1. Rinse the rice about 2-3 times and place it in a rice cooker. Cook the 1½ cups sushi rice with 2 cups of water. Once it's done, transfer it onto a large baking sheet. Using a rice paddle gently cut through the rice. Scoop the rice up and flip it over. Evenly drizzle the rice vinegar into the cooked rice and continue cutting and scooping the rice with the rice paddle until it cools down.
2. While the rice is cooling, make the tempura according to the package. In a large skillet pour oil to a depth of 2 inches. Dip each shrimp in the tempura batter and cook the
3. Shrimp over medium high heat. Make sure not to over cook the shrimp. Fry the shrimp in batches for 2-3 minutes per batch.

4. Once the shrimps are done set them aside.

5. Finely chop up the imitation crab and combine it with mayonnaise. Slice the avocado, and cut the cucumber into thin julienned pieces. I buy the cream cheese in the packaged form. Using a sharp knife to cut the cream cheese into long strips.

6. Next, slice each tempura battered shrimp in half so that you have two identical pieces.

7. Cover the sushi mat with plastic wrap and place one sheet of toasted nori in the middle. Drench your hands with water and grab a handful of rice. Begin spreading the rice over the nori, making sure to cover the entire sheet with a thin layer. Be careful not to press on the rice too hard, or you’ll end up with a mashed up mess. It really helps to constantly rewet your hands because the rice can be very sticky. I just pour water into a bowl and dip my hands in there.

8. Once the rice is evenly spread, sprinkle some sesame seeds and flip the nori over. In the middle of the nori sheet, place about 2 tbsp of imitation crab, 2 slices of cucumber, 2 slices of avocado, 1 strip of cream cheese, and 2 tempura shrimp halves.

9. Using a sharp wet knife, cut each sushi roll into 8 equal pieces.

Nutrition fact: Shrimp is an excellent source of vitamin B12

Eel Sauce
Serves 6
Ingredients
- ½ cup soy sauce
- ½ cup white sugar
- ½ cup mirin (Japanese sweet wine)

Directions
1. Heat soy sauce, sugar, and mirin into a small saucepan over medium heat. Cook and stir until liquid is reduced to about 3/4 cup.

Nutrition facts per serving: 121 Calories, 0 g fat, 24.5 g carbs, 1.4 g protein

Spicy Mayo
Makes ½ cup
Ingredients
- ½ cup mayonnaise
- 2 tablespoons Sriracha
- 1 teaspoon lime juice

Directions
1. In a small bowl, mix together mayonnaise, Sriracha, and lime juice. Taste and add more Sriracha to desired spiciness. Serve immediately or transfer to an airtight container and store in refrigerator for up to a month.