Yakitori Chicken
Serves 6
Ingredients
- ½ c sake*
- ½ c soy sauce
- 1 Tbsp sugar
- 1 clove garlic, crushed
- 1 ½ Tbsp ginger root, grated
- 1 lb chicken breast, cubed
- 3 medium leeks, white part, cut into ½ inch pieces
- Salt and pepper to taste

Directions
1. In a medium dish, mix together the sake, soy sauce, sugar, garlic and ginger. Add chicken, and allow to marinate for 15 minutes.
2. Preheat your oven's broiler. Grease six metal skewers, and thread alternately with 3 pieces of chicken and 2 pieces of leek. Place on a baking sheet or broiling pan, and brush with the marinade.
3. Broil for about 5 minutes, baste again, then broil for another 5 minutes, or until chicken is cooked through. Discard remaining marinade.

Nutrition facts per serving: 159 Calories, 1 g fat (.3 g saturated), 11.5 g carbs, 1 g fiber, 20 g protein
(* For the purpose of this class, we are omitting sake, use ¼ c of water to help bind marinade)

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. Discard remaining marinade.
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.
   1. 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.

**California Rolls**
**Serves 8**

**Ingredients**
- 1 cup sushi rice
- 4 sheets nori (dried seaweed)
- ½ cucumber
- 1 large carrot
- 1 avocado
- 1 package imitation crab meat
- Toasted sesame seeds
- Soy sauce, pickled ginger, wasabi for serving

**Directions**
1. In the meantime, prep your veggies by chopping them into thin pieces, lengthwise. If they're too bulky they won't allow the sushi to roll well.
2. Now it's time to roll: grab a thick towel and fold it over into a rectangle and place it on a flat surface. Top with plastic wrap, then with a half sheet of nori. Using your hands dipped in water (to avoid sticking), pat a very thin layer of rice all over the nori, making sure it's not too thick or your roll will be all rice and no filling.
3. Then, sprinkle sesame seeds over the rice. Flip the nori over so that the rice is facing down. Arrange a serving of your veggies or preferred filling in a line at the bottom 3/4 of the nori.
4. Start to roll the nori and rice over with your fingers, and once the veggies are covered, roll over the plastic wrap and towel, using it to mold and compress the roll. Continue until it's all the way rolled up.
5. Slice with a sharp knife and set aside.
6. Serve immediately with pickled ginger, soy sauce and wasabi.

**Nutrition facts per serving:** 275 Calories, 13 g fat (7 g saturated), 32 g carbs, 2 g fiber, 7 g protein

**Cucumber Salad**
**Serves 4**

**Ingredients**
- 3-4 cucumbers
- ¼ teaspoon salt
- 3 tablespoons rice vinegar
• ¼ teaspoon soy sauce
• 1 teaspoon sesame seeds

Directions
1. Slice cucumbers as thin as you can. Stir in salt, and let it sit for 5 minutes. Squeeze water out from cucumbers.
2. In a small bowl, mix rice vinegar, sugar, and soy sauce together until sugar dissolves.
3. Add vinegar mixture and sesame seeds to prepared cucumbers and mix well.

Nutrition fact: Cucumbers are 96% water!

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.