

INSTRUCTIONAL KITCHEN

Sushi 1.0

Sushi Rice

Makes 8 rolls

Ingredients:

- 2 cups white rice (1 cup = ~2 rolls)
- 2 cups water,
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 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 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 4-6

Ingredients

- ½ lemon
- 1 medium avocado
- 4 sheets nori
- 1 cup sushi rice
- ½ cup sesame sheets toasted
- 1 small cucumber, sliced into matchstick size pieces
- 4 crabsticks, torn into pieces
- Pickled ginger, wasabi and soy sauce for serving

Instructions

1. Squeeze the lemon juice over the avocado to prevent 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>

Sweet Potato Rolls

Serves 3

Ingredients:

- 1 tbsp vegetable oil
- 1 tbsp maple syrup
- 1 tsp sesame oil
- 1 large sweet potato
- 1 cup sushi rice
- 3 sheets nori
- 2 scallions
- Toasted sesame seeds, wasabi, ginger and soy sauce for serving

Instructions:

1. Preheat oven to 375. Line a baking sheet with parchment
2. Stir oil, maple syrup and sesame oil together in a small bowl.
3. Peel sweet potato and cut lengthwise into strips (½" thick). Cut the scallions into similar length pieces.
4. Rub with oil and maple syrup or toast to coat. Arrange strips on baking sheet. Bake for 25 minutes until tender.
5. Place a bamboo mat on the counter and fill a small dish with water to wet your hands. Place one of the nori sheets shiny side up on your mat.
6. Using wet fingers, cover nori with a thin layer of rice. Arrange a third of your sweet potato strips in a single line across. Arrange scallions along.
7. Take the edge of the mat closest to you and roll tightly over fillings in a cylinder.
8. Once rolled, slice into 8 pieces and repeat 2 more times.

Source: <https://www.connoisseursveg.com/sweet-potato-sushi/>

Cucumber Salad

Serves 4

Ingredients:

- 1 large english cucumber, thinly sliced
- ¼ of a sweet onion thinly sliced
- ½ cup rice vinegar
- 1 tbsp toasted sesame seeds
- 1 tbsp minced fresh dill
- ¾ tsp salt
- ¾ tsp sugar
- ¼ tsp crushed red pepper flakes

Instructions:

1. Toss together ingredients until coated.
2. Make sure you toss again before serving.

Source: <https://www.foodiewithfamily.com/asian-marinated-cucumber-salad/>

Eel Sauce

Serves 6

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.

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

Spicy Mayo

Serves 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/>