

# INSTRUCTIONAL KITCHEN

## Vegetable Tempura

Serves 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 vegetables
- 1/2 cup soy sauce

### Instructions

1. 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.
2. Cut the firm vegetables such as carrots and sweet potatoes into 1/8 inch slices. For softer vegetables, 1/4 inch will do.
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

### Ingredients:

- 2 cups white rice (1 cup = ~2 rolls)
- 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 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

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/>

## Spicy Tuna Roll

Makes 2-4 Rolls

### Ingredients:

- Bamboo mat (covered with plastic wrap)
- 2 cups prepared sushi rice (cover with a damp paper towel to prevent from drying out)
- 4 oz. sashimi-grade tuna
- 1 tablespoon green onion, chopped
- 1 tablespoon cilantro, chopped
- ½ of 1 organic red pepper, cut into strips
- ½ teaspoon. sesame oil
- 2 sheets nori seaweed, cut in half crosswise
- 1-2 tablespoons of roasted sesame seeds (use more or less depending on how much you like your sushi covered in these seeds)
- ¼ cup water
- 2 tsp. rice vinegar
- 1 paper towel
- Additional green onion and cilantro for garnish

### Instructions

1. In another small bowl, mix together the water and rice vinegar, set aside.
2. Cut the tuna into little cubes (it's OK if you would rather mince it)
3. In a medium bowl, combine the tuna, green onion, cilantro, sesame oil and 1 tablespoon of the Sriracha mixture.
4. Lay a sheet of nori, shiny side down, on the bamboo mat (wrap with plastic wrap first). Wet your fingers in the water mixture, spread a generous handful of rice evenly over nori sheet.
5. 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. Depending on how stuffed you like your sushi, put ¼ or half of the tuna mixture at the bottom end of the nori sheet (avoid over stuffing or the sushi won't seal shut). Place 2 strips of organic red pepper along side of the tuna mixture.
6. Grab the bottom edge of the bamboo mat while keeping the fillings in place with your fingers, roll into a tight cylinder (if its not tight enough, it will be difficult to cut). Lift the edge of the bamboo mat and continue to roll it forward while keeping gentle pressure on the mat. Sprinkle the roll with toasted sesame seeds.

7. Dampen a paper towel in the water mixture and wipe the blade of a very sharp knife, then cut the roll in half and then cut each half into 3 pieces. Clean the knife with the paper towel every few cuts.

## Philadelphia Roll

Serves 4

### Ingredients

- 2 cups cooked sushi rice
- 4 oz. smoked salmon, cut horizontally into ½ inch strips
- 1 package sushi nori
- 1 cucumber, peeled and seeded and sliced into thin sticks
- ½ block of cream cheese (about 4 oz.), cut into ½ inch strips

### Instructions:

1. Lay 1 piece of nori on a cutting board with the rough side facing up.
2. Place a ball of rice on top of the nori and spread evenly with your fingers or a rice paddle. Leave about 1 inch of nori exposed on the edge of the sheet furthest away from you.
3. Start about 1 inch from the bottom and layer your salmon, cucumber sticks, and cream cheese across the entire length of the sheet of nori. Use your judgment as to not overfill, but this part does take a little trial and error.
4. Use your finger to wet the portion of nori exposed at the top of the sheet.
5. Gently lift your nori from the bottom closest to you and bring the entire layer of rice and nori over the middle ingredients.
6. Keeping the roll tightened close to itself with your hands and continue to roll the sheet from top to bottom. The roll will seal itself closed with the dampened portion of nori at the top.
7. Use a sharp knife to cut your pieces about 1 ½ to 2 inches thick. Wet your knife in between cuts to help this go a little smoother. This will give you anywhere from 6 to 8 Philadelphia rolls.
8. Repeat until you have filled as many sheets of nori as you wish.