

## Various Sushi recipes

### California Rolls

(made inside out)

4	sheets	Nori
1		Avocado
$\frac{3}{4}$	C	Crabmeat
2	Tbs	Mayonnaise
4	C	Rice, sushi
$\frac{1}{2}$	tsp	salt
		Sesame seeds

### Kappamaki (Cucumber rolls)

4	sheets	Nori
2		Cucumbers
4	C	Rice, sushi

### Spicy Tuna Rolls

4	sheets	Nori
4	C	Rice, sushi
$\frac{1}{2}$	lbs	Tuna
1	Tbs	Mayonnaise
$\frac{1}{2}$	tsp	Togarashi
1	Tbs	Sesame seeds

### Tekka Maki (tuna rolls)

4	sheets	Nori
4	C	Rice, sushi
4	oz	Tuna

## Philly Roll

2	sheets	Nori
1	C	Rice, sushi
2	lengths	Cream cheese, 8" x 1/4" square lengths
3	oz	Salmon, smoked
2	lengths	Cucumber, 8" x 1/4" lengths
	pinch	Bonito flakes (optional)
1	oz	Maui onion, thin sliced

## Maki roll contents, possible

Tuna	Carrot, cooked	Salmon, raw or smoked
Scallions	shrimp, cooked	Snow peas
Cucumber	Crab, cooked	Asparagus, lightly steamed
Avocado	Takuan	Sweet potatoes
Mushrooms	egg (strips of omelet)	

## **Gari** (pickled ginger)

2	lbs	Ginger, young (boiled if not young)
3	C	Vinegar, rice wine
2	C	Sugar
2	tsp	Salt

## **Sushi Rice preparation**

### Ingredients:

- 3 cups Japanese sushi grade rice (long grain rice won't work!)
- 3 1/4 cups water
- 1/3 cup rice vinegar
- 3 Tbsp sugar
- 1 tsp salt
- Kombu (kelp), 2 inch square (Optional)

### Cooking

1) Wash the uncooked rice: This removes excess starch and polishing agents that would make the rice gummy. Simply put the rice in a bowl with cold water and stir with your clean hands. You can also scrub the grains against each other if desired.

Drain off the water and repeat. Continue the process until the water no longer becomes cloudy. It usually takes a few minutes.

2) Drain the rice: Tip the rice into a sieve and let it drain for at least half an hour, longer in cool or wet weather.

3) Cook the rice – place in a pot/rice cooker with a slight excess of water (i.e. 1 cup rice to 1.25 cups water, 2 cups rice to 2.25 cups water...), a little sake (tsp per cup water), and square of kombu (kelp). Cover pot. Warm until reaches a boil, remove kombu., then reduce to simmer for 15 min. Remove from heat and let stand for 15 minutes. Do not lift lid during these two steps.

Using wooden or bamboo spatula, gently fluff rice to remove steam. Place towel over pot and replace lid for ten more minutes to absorb excess moisture.

### Preparing with the vinegar

1) To make the vinegar mixture, warm vinegar to body temperature (do not boil) and mix all ingredients together until dissolved, then cool. To save time you can do this step while the rice is cooking.

2) Dampen the sushi rice tub by rinsing quickly or wiping with a damp towel. Do not leave tub soaking in water. Never use a dry tub or the rice will stick fast.

3) Tip the hot cooked rice into the tub and spread gently.

4) Drizzle some of the cooled vinegar mixture over the back of a rice paddle to spread evenly across the surface of the rice.

5) Fold and mix the vinegar into the rice with cutting strokes of the paddle held vertically, taking care not to mash the rice, while fanning away the steam.

6) Working around the tub flip the rice over with the paddle to expose the hot surface underneath and mix again with cutting strokes while fanning. Repeat process until all the vinegar is used.

Continue fanning and mixing until the rice is glossy and sticks together.

7) Cover sushi rice with a dampened tea-towel or dampened wooden lid to prevent the surface of the rice drying out.

DO NOT refrigerate or the seasoned sushi rice will go hard and become unusable for making sushi.

Put aside in a cool place until ready to use. (The dampened tub and cover will keep sushi rice safely for several hours at room temperature)