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EBOOK



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Introduction

ushi is a rice-based Japanese dish that may include both raw and cooked fish, as well as vegetables.

S You may know what sushi is because it is such a popular dish. Let us clarify the meaning of "sushi" to be sure. Sushi is divided into two parts: Shari and Neta. The rice is called Shari, and the topping is called Neta.

Shari rice is usually made from Japanese rice, vinegar, salt, and sugar. This recipe was initially created to keep raw fish from dying.

Most people think of raw fish when they think about sushi toppings, which is typically true. There are various additional Neta options, including boiled or cooked fish, vegetables, meat, and eggs.

Sushi comes in various types, each with its way of presenting fish and rice. For example, most people are familiar with maki sushi, which is made up of seaweed rolled around fish and rice.

Sushi has become more popular among people of all ages. Raw fish and rice are served with soy sauce and wasabi as part of Japanese cuisine.

Sushi is no longer simply a Japanese delicacy; it's increasingly popular worldwide. Many sushi meals are works of art, expertly designed to appeal to various palates.

History of Sushi

Sushi is unquestionably Japan's most well-known dish. Sushi is almost universally known, even among people who have never had it. If you ask someone to tell you something about Japan, it's one of the first things they'll say.

It is thought that sushi came from Southeast Asia and has been around for about 1,200 years.

Many people are surprised to learn that sushi is a preserved fish cuisine that originated among Southeast Asian Mountain peoples as a way of storing fish for long periods of time when it was difficult to get owing to its high price. Fish was preserved by marinating it and fermenting it in rice and salt. It was a dish designated for the higher class since it was served just with fish and no rice (they throw the rice!).

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Sushi's Beginnings

Sushi, like many other things, was introduced to Japan from China during the time of the Nara era (710-794), along with

rice farming. During the period, sushi was known as "narezushi,"

S which was prepared by marinating fish in salt and rice and allowing it to mature before eating. It is said to have been consumed as a preserved dish.

Sushi first arose as a processed product made from leftover fish during the Kamakura period (1185-1333), but it wasn't until the Muromachi period (1333-1573) that rice became a prevalent dish among the general people, and the habit of eating sushi with rice was born.

Tokugawa Ieyasu seized control of all of Japan in 1603 and relocated the Japanese capital from Kyoto to Edo (the current Tokyo). It was at the start of the Edo era (1603-1867). Edo was bustling with people, shops, restaurants, and nightlife. Nigiri-zushi, which could be eaten right after being prepared, arose from the ubiquitous standing food booths and soon gained popularity. Nigiri-zushi is produced by softly compressing sushi rice and topping it with raw or cooked fish, usually with ginger or wasabi (Japanese horseradish). When it comes to historical events, it's sometimes difficult to pinpoint who was the first to invent anything, but Hanaya Yohei is credited with inventing contemporary nigiri sushi. In the Ryogoku neighborhood, Hanaya Yohei founded her first sushi business in 1824. The Ryogoku area is located near the Sumida River for people unfamiliar with Tokyo. It's said that he could get fresh raw fish from the water, so he didn't have to ferment it, and sushi could be made in minutes.

Inari-zushi and maki-zushi (rolled sushi) arose towards the end of the Edo era, and the popular sushi we know today was formed. People began to employ vinegar in rice instead of allowing it to ferment during this time period. Edomae-zushi refers to nigiri-zushi, inari-zushi, maki-zushi, and other types of sushi.

Ice manufacturing became popularized in the 1890s, making it simpler for sushi restaurants to procure ice and equipping many with electric freezers. This enhanced the atmosphere for handling fresh fish and shellfish, allowing raw fish (sashimi) to be used as a topping and expanding the amount and diversity of new sushi options.

After the Great Kanto Earthquake in 1923, sushi chefs fled Tokyo, and it is thought that this is when Edomae-zushi first spread across Japan. In 1947, an emergency order was issued restricting all restaurant operations, including sushi restaurants, after the war. As a countermeasure, a Tokyo-based union of sushi restaurants worked with the government to be formally recognized as consignment processors, trading one cup of rice for ten nigiri sushi. Edomae-zushi dominated the nation's sushi scene after this measure spread to sushi establishments across the country.

Furthermore, due to a scarcity of materials after the war, sushi was produced with rice vinegar rather than sake vinegar, and it quickly became a popular dish.

Sushi restaurants formed a category of premium restaurants during strong economic expansion following World War II, when yatai (food cart) eateries were abandoned for sanitary concerns 7

Western Sushi Culture

ushi had already made its way to the West in the early 1900s, thanks to Japanese immigration following the Meiji Restoration. It was, however, only popular among the higher S classes, and when Japanese immigration reduced in the late 1900s, it became considerably less popular.

Sushi resurfaced in popularity in the United States a few years after World War II, when Japan reopened its doors to

international commerce, tourism, and business. This tendency began to take root in America in earnest in the 1960s when middle-class Americans began to sample sushi for the first time – and fell in love with it.

Like most aspects of food history, there is a lot of discussion about whose restaurant was the first to introduce sushi to Western diners - and it's impossible to pinpoint who was responsible.

However, the Los Angeles-based Kawafuku Restaurant is frequently attributed with this distinction, as it was one of the first restaurants to sell sushi. As you might expect, eating raw fish took some time to catch on in the United States, but by the late 1960s, sushi had become fashionable, and new sushi restaurants were springing up all over the country.

Many restaurants began experimenting with novel flavor combinations and sushi rolls to help Americans get acclimated to eating sushi. The now-ubiquitous California Roll, which is an inside-out "makizushi" roll with cucumber, crab meat (or fake crab meat), and avocado with white rice, was one of the most popular rolls among Americans.

This taste combination appealed to customers right away – and because the crab flesh was cooked in the roll, diners didn't have to worry about eating raw fish – and after they got used to it, they were able to venture out into more typical sashimi and nigiri meals. Sushi restaurants quickly became a nationwide sensation.

The Different Kinds of Sushi

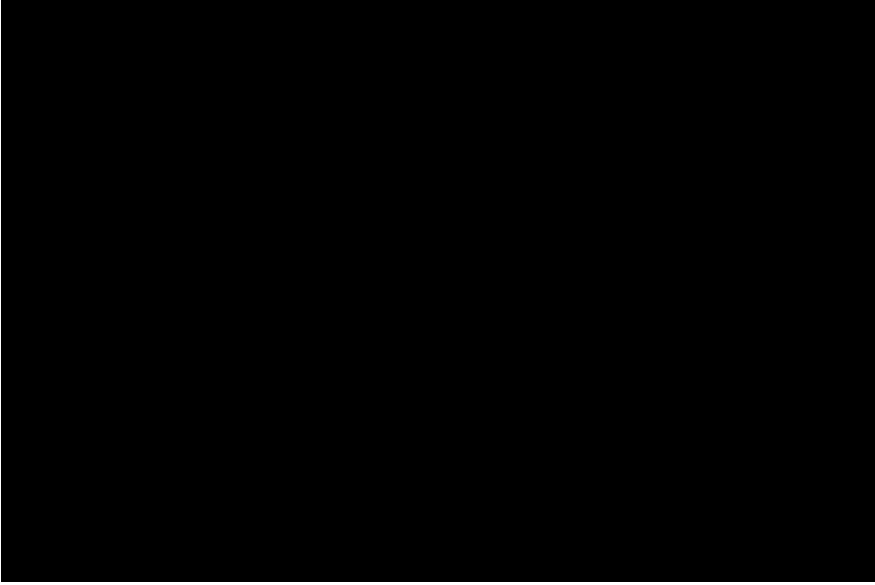
ushi is as appealing as it is tasty. When you think about sushi, you might picture raw fish slices on rice balls or fish

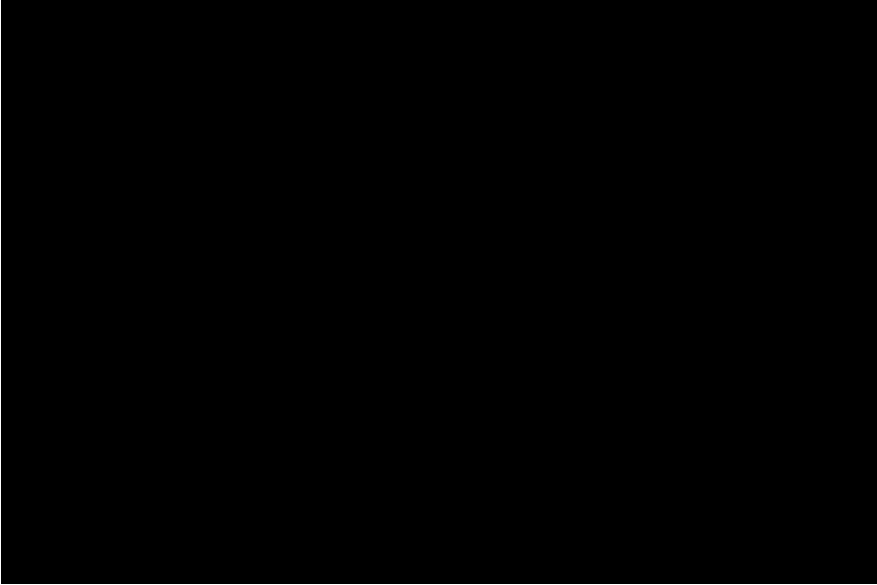
and rice wrapped in seaweed. On the other hand, these are only two of the many different types of sushi available.

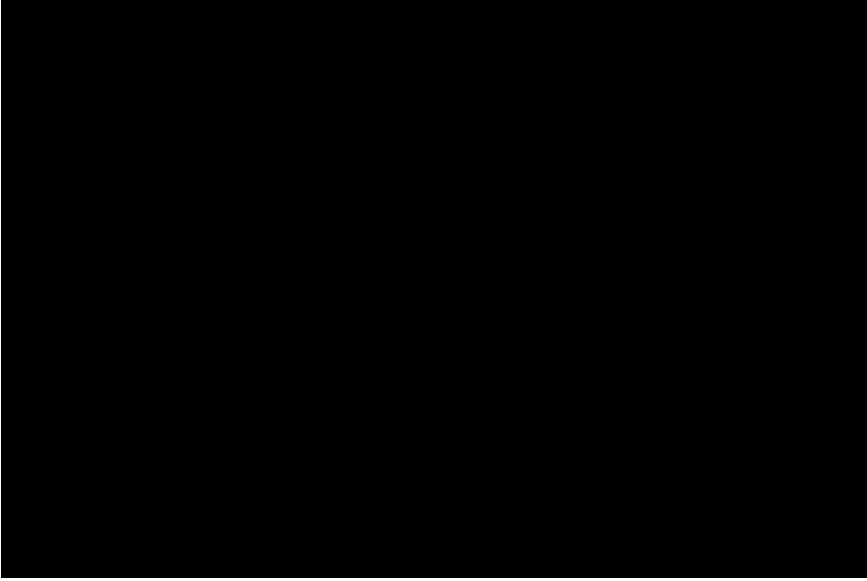
You should be aware that sushi comes in various flavors and preparations. Some of these may be familiar to you, but there may be one or two that you are unfamiliar with. Continue reading to learn about the many forms of sushi.

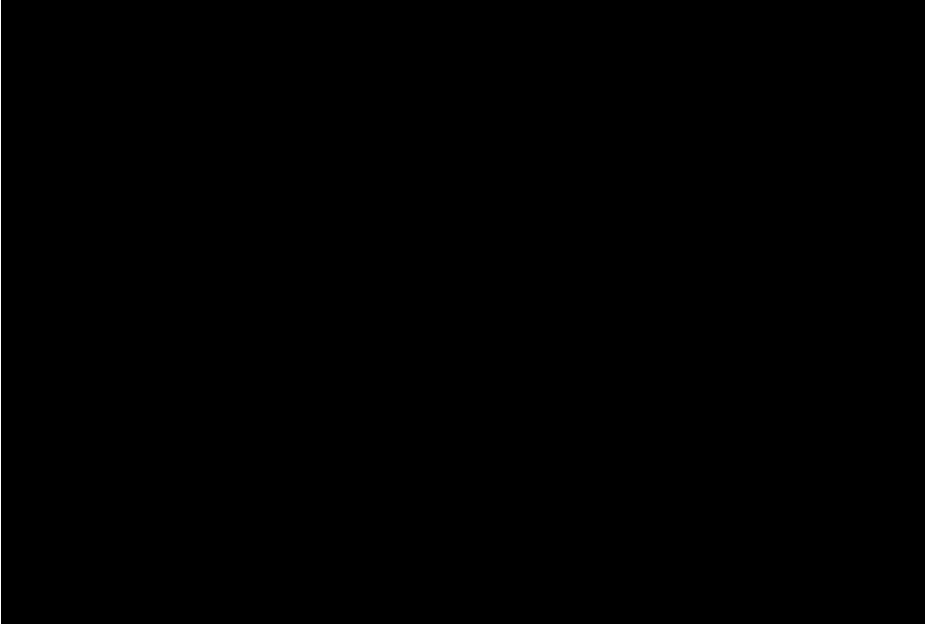
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Sushi nigiri

Sushi, in this manner, is the most prevalent. The Neta is simply placed on top of the little rice ball. This style of sushi is also known as "Azuma sushi" in certain regions.

Sushi Maki

Seaweed or kelp is used to wrap the rice and contents.

Makimono is another name for this sort of sushi. There's also

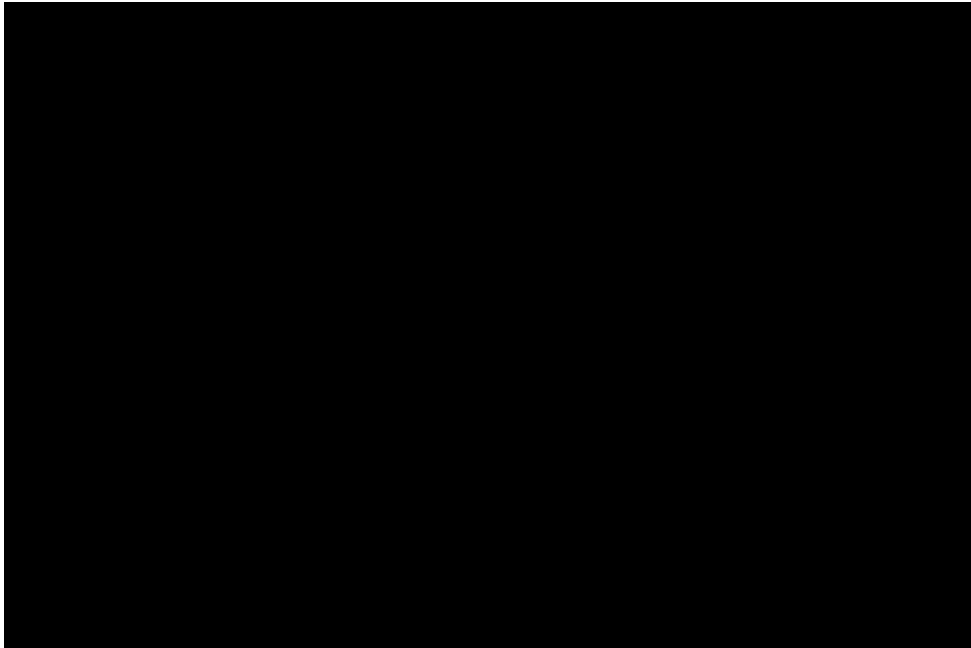
"Uramaki," rice wrapped around fillings and seaweed.

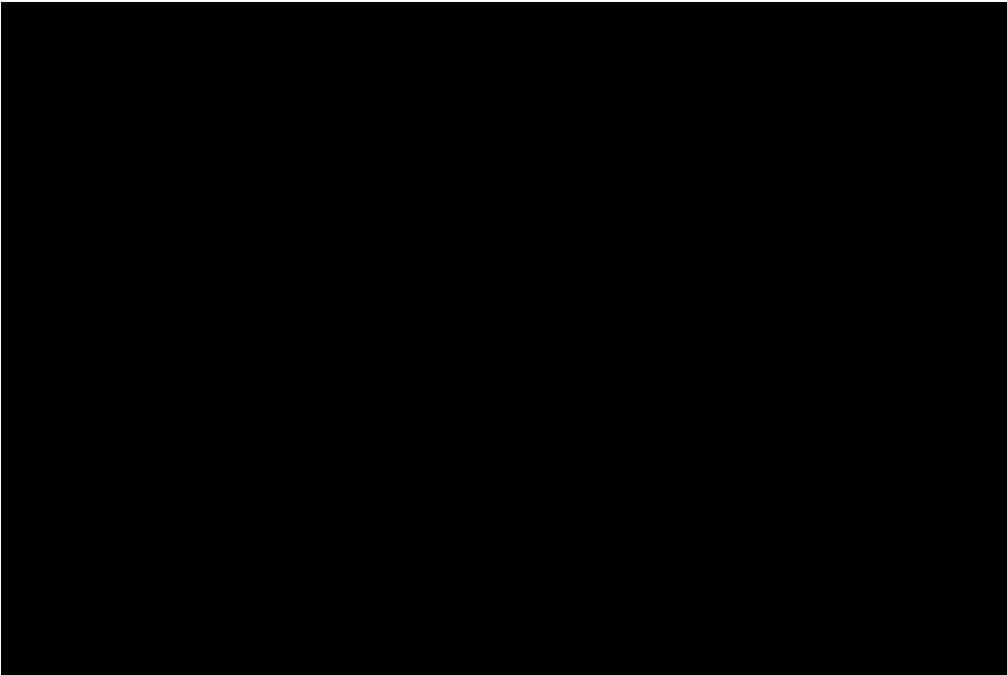
Sushi Oshi

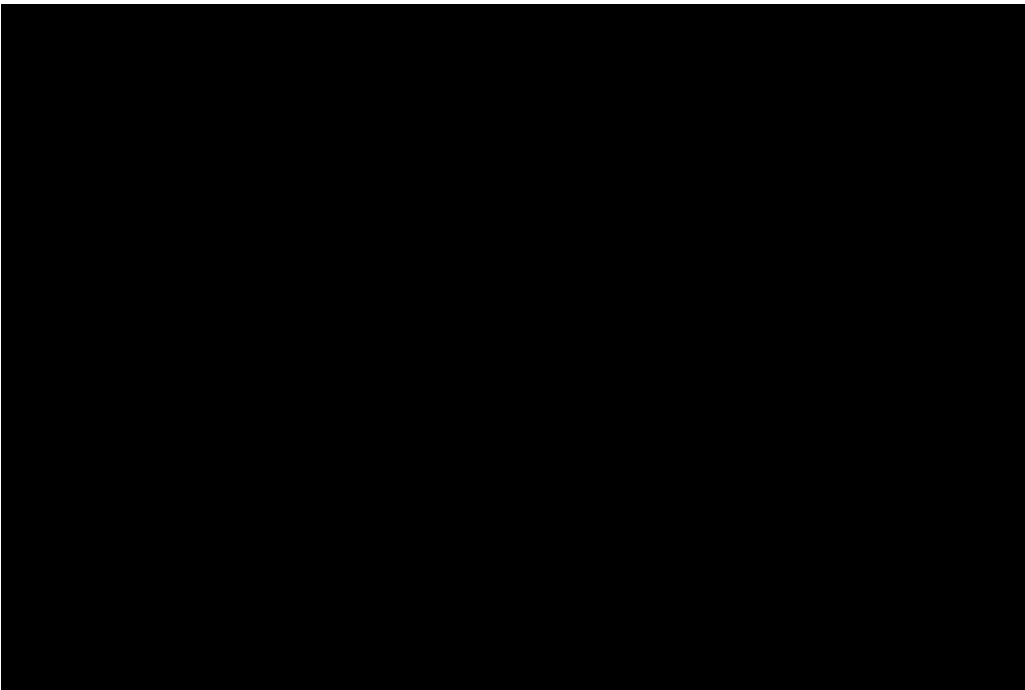
It's a form of sushi made by stuffing rice and Neta into a square mold called "Oshibako" and pressing it down to compact it. It's a lesser-known kind, but it's still tasty!

Sushi Chirashi

This sort of sushi differs from others because it does not come in separate bite-sized pieces. The rice is served in a bowl or 9







other container, with various toppings arranged colorfully and attractively.

Sushi Inari

Sushi rice is stuffed inside an Abura-age to make this form of sushi. Abura-age is seasoned, fried tofu in the shape of a pocket, which can be filled with rice.

Sushi Temaki

This form of sushi, like the preceding "Maki sushi," is made by wrapping the rice and filling in seaweed, but the seaweed is wrapped in a cone shape.

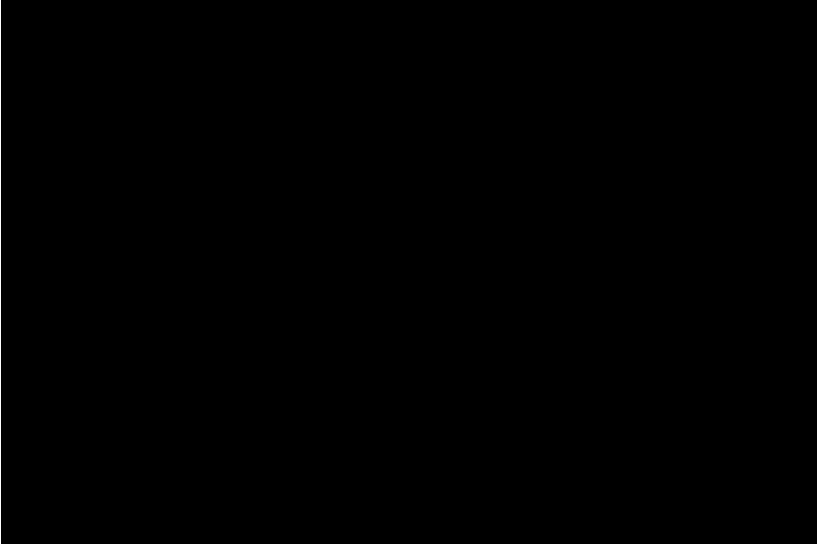
Gunkan

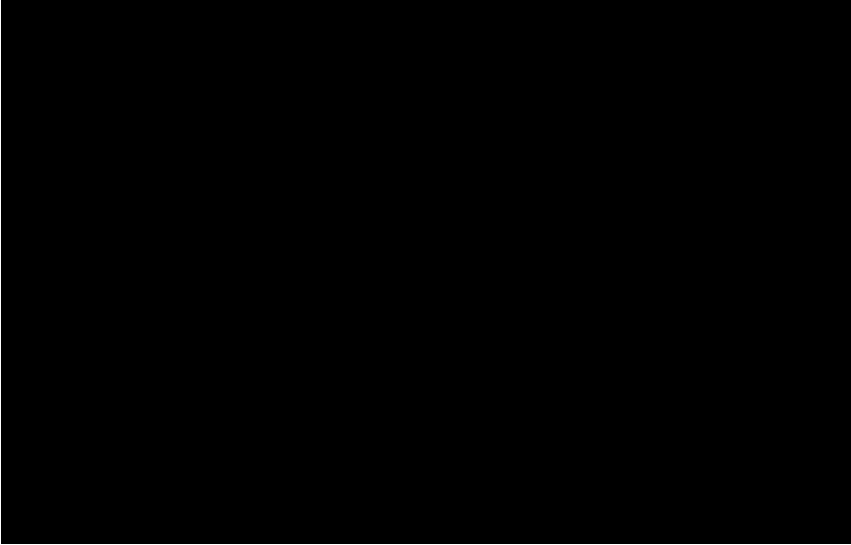
Non-solid toppings like salmon roe or sea urchin are commonly utilized. The rice is wrapped in seaweed, yet there is enough room on top for the topping to be added without leaking.

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Sushi comes in a variety of styles, but these are the most popular. Aside from the many sorts, there are also minor variations based on the location, such as topping variety, topping size, soy sauce utilized, and so on.

Tools for making sushi

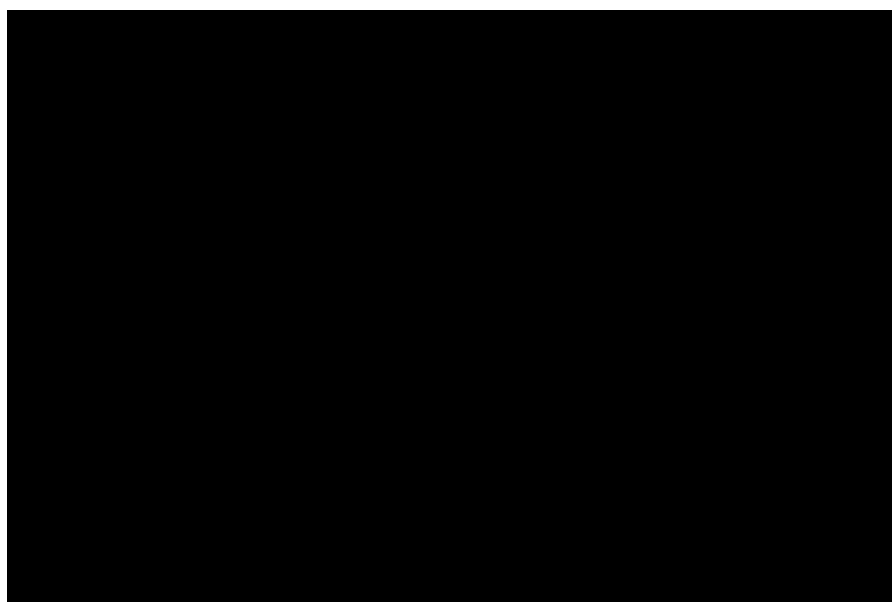
ushi may be made with just a few simple instruments. You'll be on your way to making great sushi with minimal investment and some practice!

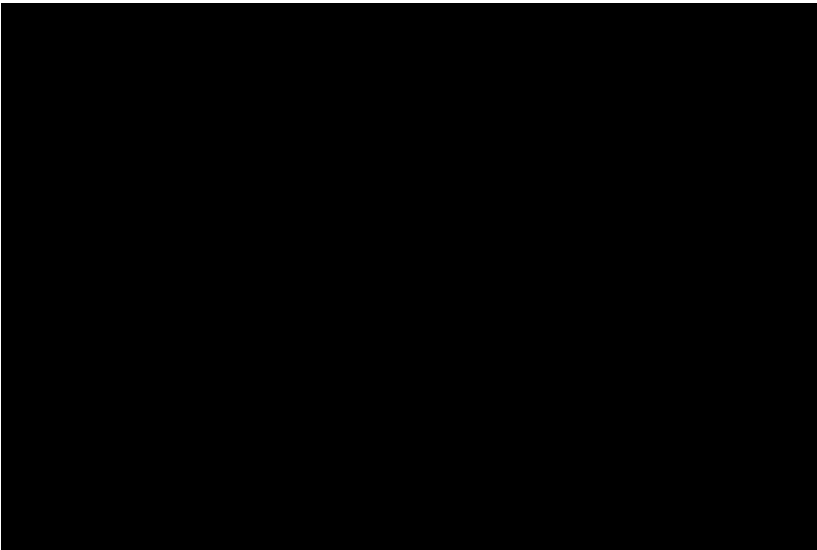
S The following are the finest tools for cooking sushi: **Short-Grain Sushi Rice:** To get the most outstanding results, you need to buy short-grain sushi rice. The moisture and starch content of short-grain rice is exactly ideal for keeping the sushi roll in place. Cooking rice with a rice cooker is even easier! Sushi vinegar contains rice vinegar, which is a key element (that gets added to the cooked rice).

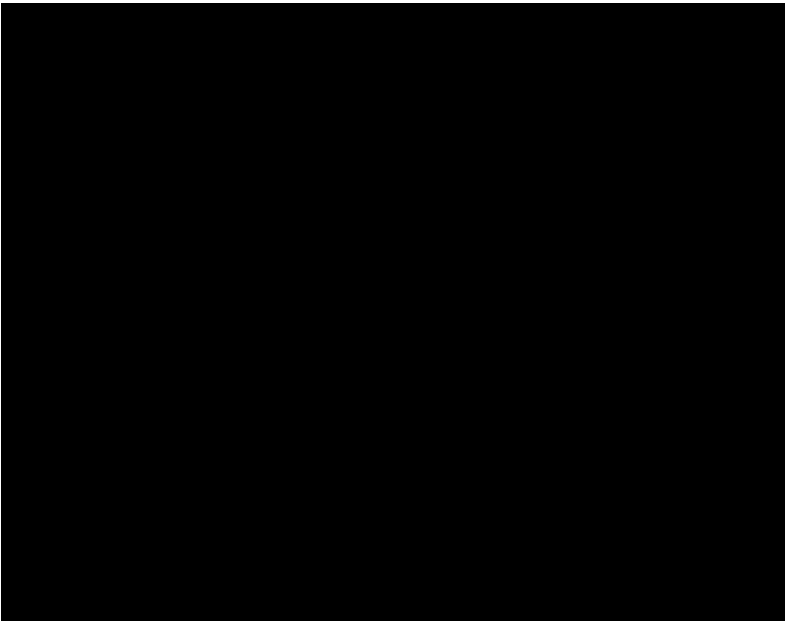
Nori Seaweed Sheets: Nori seaweed sheets are an essential component of sushi! Because each roll only contains half a sheet, it lasts a long time.

Sushi Rolling Mat (Bamboo): This is a one-time purchase that aids in the creation of a tight sushi roll. It's inexpensive and well worth it! Before rolling the sushi, make sure to wrap the mat in plastic to keep it clean.

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Sharp Knife & Honing Steel: A standard chef's knife and honing steel will suffice, but make sure it's sharp! You may do this with the aid of a knife honing steel.

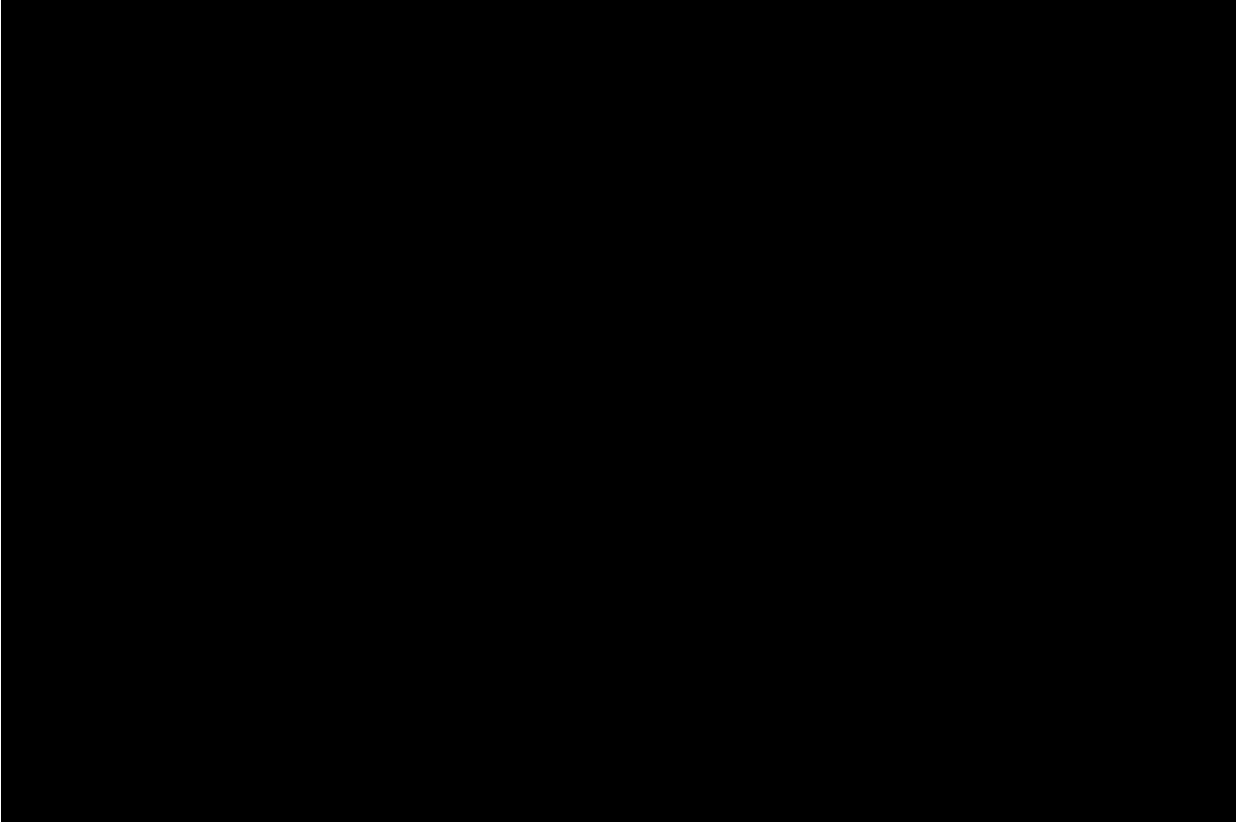
Sesame Seeds: They'll give your sushi a great decorative touch and make it appear as if it came from a restaurant. In

a stir fry recipe, you may always use up leftover sesame seeds.

Pickled Ginger & Wasabi: Toss in with your sushi during the plating process, and enjoy!

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How to Prepare and Eat Sushi

ou should eat sushi as you feel most at ease, but there is a correct method to eat the rolls.

There are many different ways in which sushi may be eaten. It is possible to have a more Y enjoyable meal overall by adhering to the proper dining etiquette while eating sushi, both at sushi restaurants and at home. The following is a guide for appropriate sushi consumption: 1. Wash your hands

thoroughly. It is

essential to wash or

wipe your hands

before eating sushi,

regardless of whether
or not you intend to
eat the sushi with your
hands. The majority of
waiters working at
sushi restaurants will
often provide
customers with a hot
towel to use for
washing their hands.

2. If required, use

chopsticks to eat the food. If you would rather eat your sushi using tools, you should get yourself a set of chopsticks so you can dig in. When the top stick is about a third of the way down, you should put your thumb and index finger together and grip it. The bottom stick has to be positioned such that it rests naturally on the ring finger, at the joint where your thumb and index finger meet.

Make use of your middle finger to assist you in moving the top chopstick while maintaining the position of the bottom chopstick. Only the very tips of the utensils should make contact with one another. Grab the sushi roll with your chopsticks and apply just the right amount of pressure so that you can bring it up to your lips.

3. Consume the food one bite at a time. Consume one piece of sushi at a time, breaking it up into one or two nibbles. It is best not to break your sushi into smaller pieces or separate the amount of fish from the other components of the dish.

4. Coat the fish with the soy sauce using a paper towel. Don't dip the rice side of your sushi in your soy sauce; the rice has a tendency to soak up too much of it, which might alter the taste of the fish.

Instead, only dip the fish side. When eating nigiri sushi, in which the fish is placed directly on top of the rice, dipping is a simple process; but, when eating maki sushi, in which the fish and rice are wrapped up together in a sheet of nori, this process is more complicated. It is best to avoid putting the whole piece of sushi into the dish containing the soy sauce since doing so may cause the roll to

unravel. In addition, it is frowned upon in the world of good sushi etiquette to combine wasabi and soy sauce together. Instead, dip each component of your roll in the respective sauce in turn.

5. Use minimum wasabi. Traditional sushi restaurants in Japan often provide wasabi that is prepared in a traditional manner. On the other hand, most sushi restaurants in the U.S. make their own counterfeit wasabi out of horseradish, mustard flour, cornstarch, food coloring, and other ingredients. This mixture is then added to the cornstarch. If you don't want the wasabi to completely overshadow the taste of your rolls, use just a very modest quantity. Rolls with wasabi are often prepared by chefs working in upscale restaurants.

6. Ginger may be used to cleanse the palate. Gari is a form of ginger that may be added to sushi by customers who appreciate the flavor. However, the best way to enjoy ginger

is as a palette cleanser in between various varieties of sushi rolls.

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Recipes

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SASHIMI AND NIGIRI SUSHI DISHES

Sashimi Sushi Recipes

SALMON SASHIMI

Time to Prepare: 5

Cook Time: 0

Total Time: 5

Serving: 1 People

minutes

minutes

minutes

EQUIPMENT

- Sharp sushi knife or slicing knife

INGREDIENTS

- Salmon Sashimi
- 5-6 oz salmon
- Soy Citrus Yuzu Ponzu Sauce
- 1 tbsp soy sauce
- 1 tbsp citrus ponzu sauce
- 1/4 tsp pressed or minced garlic optional for garlic ponzu sauce
- Soy Sauce with Wasabi and Lemon

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- 3 tbsp soy sauce
- 1/4 tsp wasabi adjusted to the desired level of heat
- 1/4 tsp fresh lemon juice

- Optional Garnishes
- 5-6 slices of lemon
- 1/2 tsp wasabi
- 1 tbsp pickled ginger (thinly sliced)

INSTRUCTIONS

1. Salmon Sashimi

Slice the salmon fish thinly (sashimi-style, approximately 1/4 inch thick or taste). The form of the slices should be rectangular.

2. Soy Citrus Yuzu Ponzu Sauce

To make a tasty dipping sauce, combine soy sauce with citrus yuzu ponzu sauce. They can also be used as dipping sauces on their own. Add a pinch of pressed or finely minced garlic to your ponzu sauce if you want to make garlic ponzu sauce.

3. Soy Sauce with Wasabi and Lemon

To make a tasty dipping sauce, combine soy sauce, wasabi, and lemon juice. Although lemon juice is not customary, it provides a pleasant tartness to the dish.

4. Optional Garnishes

As a side dish, wasabi and pickled ginger can be provided.

NOTES

- Food Safety: Eating raw or undercooked meats, poultry, seafood, shellfish, or eggs might raise your risk of

contracting a foodborne illness. Consult the Food and Drug Administration (FDA) and/or the appropriate regulatory agency for food safety advice.

- Leftovers and Storage: Eat as soon as possible. Do not store.
- Salmon Nigiri: Service sliced salmon on a stack of sushi rice the size of an oval.
- Garlic Ponzu Sauce: If you want to make garlic ponzu sauce, add a pinch of pressed or finely minced garlic to your ponzu sauce.

NUTRITION

Calories: 274kcal | Carbohydrates: 11g | Protein: 36g | Fat: 9g | Saturated Fat: 1g | Cholesterol: 78mg | Sodium: 4427mg | Potassium: 958mg | Fiber: 2g | Sugar: 2g | Vitamin A: 57IU | Vitamin C: 19mg | Calcium: 28mg | Iron: 3mg



TUNA SASHIMI WITH DAIKON AND GINGER

Time to Prepare: 45

Cook Time: 0

Total Time: 45

Serving: 6 People

minutes

minutes

minutes

INGREDIENTS

- 1 1/2 tbsp mirin

- 3 tsp sake
- 1/2 cup of soy sauce
- 1 1/2 tbsp tamari
- 1/2 tsp dashi granules
- 1 (4-inch) piece daikon radish
- 1 (2-inch piece) fresh ginger, peeled
- 1 pound sushi-grade tuna
- Edible chrysanthemum leaves, or flat-leaf parsley, green onion, cucumber, or similar greens, finely sliced, for garnish

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INSTRUCTIONS

Make the Dipping Sauce

1. You simply need a nice soy sauce for this, but if you want to make the sort you will get at a good sushi bar, here's the recipe. Almost all of the components may be found at a well-stocked supermarket or a health food store. Leave the dashi granules out if you can't locate them.
2. Gather the ingredients.
3. In a small pot, bring mirin and sake to a boil.
4. Turn off the heat and stir in the soy sauce, tamari sauce, and dashi granules (these are dried bonito flakes).
5. After completely mixing, allow to cool to room temperature.

Prepare the Plates

6. With a very sharp knife, square off the daikon, then slice it into extremely thin sheets, either with a mandoline or a knife.
7. Stack those sheets and slice them into extremely thin sticks once again.
8. Make sure they're completely separated by tossing them all into a bowl of icy water.
9. Daikon should be gently wrung out and dried before being placed on each plate.
10. Grate ginger with the finest grater you have—a microplane if you have one—and then mound it into small cones.
11. Place a ginger cone on each plate.

Prepare the Tuna

12. Cut tuna into a block with your sharpest knife. You'll want to cut thin slices against the grain of the meat in the end, so keep an eye out for it while you form the bigger block.
13. Slice the tuna block into tiny slices. Start with the section of the knife's edge closest to the handle and smoothly pull it back toward you. The tuna is not to be seen.
14. Arrange the fish on a plate with the daikon.
15. Garnish with edible chrysanthemum or shiso leaves, but you may also use flat-leaf parsley, very finely sliced green onion, finely sliced cucumber, or other similar greens.



SASHIMI RICE BOWL

Time to Prepare: 30

Cook Time: 45

Total Time: 1 hour 15

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

RICE

- 2 cups of short-grain rice
- 2 cups of water

SUSHI GRADE SEAFOOD

- Uni aka sea urchin
- Scallops
- Ikura aka cured salmon cavier
- Salmon
- Hamachi aka yellowtail
- Tuna

SASHIMI BOWLS

- Soy sauce

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- Wasabi
- Pickled ginger

INSTRUCTIONS

Cooking rice

1. 2 cups short-grain aka sushi rice, measured into a mixing bowl
2. It's critical to wash your rice five or six times until the water flows clean. Fill the mixing bowl halfway with cold running water over the sink. Swish the rice around gently to

clean it. Pour the water out again and again until the water is clear.

3. Place the washed rice in the rice cooker's bowl. Add 2 cups of water to 2 cups of rice or 2 cups of water to 2 cups of rice. Cook the rice in the rice cooker.

4. When the rice is done, fluff it carefully.

Prepare your seafood

5. There is no need to prepare sea urchin (uni) or salmon caviar (ikura). This should be ready to eat right now.

6. Slicing will be necessary for salmon, tuna, yellowtail, and scallops. Slicing sashimi has evolved into an art form for which chefs train. But, because we're simply home chefs, let's not go overboard. First and foremost, you'll need your kitchen's sharpest knife. You will end up killing the fish if there is any resistance when slicing it.

7. Slice the fish in one continuous, quick motion with your sharpest knife. Back-and-forth sawing is not recommended. It's not steak; it's fish. Clean cuts are what you're looking for.

Prepare your sashimi bowl

8. Scoop a quantity of rice from the rice cooker onto a bowl. Allow 5 minutes for the rice to cool. Fresh fish should not be added to a bowl of hot, boiling rice.

9. After the rice has cooled slightly, arrange your seafood in a beautiful pattern on top of it.

Because we eat with our eyes, it's crucial to make something appear appealing.

10. Drizzle your soy sauce over your sashimi bowl when ready to eat, and enjoy.

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SALMON SASHIMI WITH GINGER AND HOT SESAME OIL

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1/4 cup of + 2 tbsp low-sodium soy sauce
- 1 tsp fresh lime juice
- 1 tsp fresh orange juice
- 12 (1/4 pound) 1/8-inch thick salmon slices, cut into 2-inch squares
- 1
- 1/4-inch piece of fresh ginger, paper-thinly sliced and cut into matchsticks (about 24 pieces)
- 1 tbsp snipped chives
- 2 tbsp grapeseed oil
- 1 tsp Asian sesame oil
- 1 1/2 tsp roasted sesame seeds
- 2 tbsp cilantro leaves

INSTRUCTIONS

1. Mix 2 tbsp soy sauce with the lime and orange juices in a small bowl.



2. Toss the salmon with the remaining 1/4 cup soy sauce in a medium bowl and set aside for 1 minute before draining.

3. On each plate, arrange three slices of salmon and top with ginger and chives.

4. In a small saucepan, heat the grapeseed and sesame oil over moderately high heat until they smoke, about 2 minutes.

5. Drizzle the heated oil over the chunks of salmon. Top with the soy-citrus sauce. Serve garnished with toasted sesame seeds and cilantro leaves.

SPICY SALMON SASHIMI WITH PONZU SAUCE

Time to Prepare: 5

Cook Time: 5

Total Time: 10

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 6 oz sushi-grade salmon or use your favorite sushi-grade fish
- 1/2 jalapeno thinly sliced (optional)
- Sauce
- 2 tbsp ponzu sauce
- 1 tbsp soy sauce
- 1 tsp sesame oil



INSTRUCTIONS

1. **Prep Fish:** Cut the salmon into thin slices (sashimi-style, about 1/4 inch thick or your desire) with a very sharp knife. The form of the slices should be rectangular.
2. **Prep Sauce:** To make a tasty sauce, combine soy sauce, sesame oil, and ponzu.
3. **Serve:** Place the sashimi pieces on a plate and top with a jalapeño slice (optional). Pour the sauce on top and eat right immediately!

NOTES

1. **Leftovers and Storage:** Eat right away. Don't keep anything. Make sure you buy the best salmon you can find, and if it's available, purchase wild-caught salmon if possible.

You may simply double this recipe and make it bigger if you want to serve more people.

NUTRITION

Calories: 150kcal | Carbohydrates: 2g | Protein: 18g | Fat: 7g
| Saturated Fat: 1g | Polyunsaturated Fat: 3g |
Monounsaturated Fat: 3g | Cholesterol: 47mg | Sodium:
880mg | Potassium: 445mg |

Fiber: 1g | Sugar: 1g | Vitamin A: 72IU | Vitamin C: 4mg |
Calcium: 12mg | Iron: 1mg **SALMON SASHIMI SOY AND
ORANGE SALAD**

Time to Prepare: 15

Cook Time: 0

Total Time: 15

Serving: 2 People

minutes

minutes

minutes

24

INGREDIENTS

- 2-3 oranges
- 2 limes
- 1 tbsp soy sauce
- 3 tbsp Extra Virgin Avocado oil

- 4 cups of mesclun salad leaves
- 2 baby cucumbers, cut into rounds
- 300g / 10.5oz fresh salmon fillet, bones and skin removed
- 1 tsp sesame seeds, toasted

INSTRUCTIONS

2. In a large mixing bowl, mix the zests of one orange and one lime. Squeeze 1 tablespoon of orange juice and 2 tablespoons of lime juice into a mixing bowl (you may need a second lime to get the 2 tbsp of juice). Combine the soy sauce and Extra Virgin Avocado oil in a mixing bowl. Set aside the dressing.

3. Strip the rind and pith from the remaining oranges with a sharp knife. Cut the segments away from the membrane that binds the orange together over a mixing bowl. Place in a mixing bowl. Toss the orange segments with the mesclun and cucumbers.

4. Cut the fish into 1/2 cm thick slices using a broad, sharp knife. Toss the fish into the mixing bowl. Toss the salad with the dressing to coat it evenly. Allow at least 2 minutes for the flavors to blend.

5. Serve the salad on four plates or a single big platter. Serve with toasted sesame seeds as a garnish.



AHI TUNA SASHIMI

Time to Prepare: 10

Cook Time: 0

Total Time: 10

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 1 pound ahi tuna, sashimi grade

- Soy sauce
- 1 piece of fresh ginger (peeled) or pickled sushi ginger (about 2 inches)
- Wasabi as needed (powder or paste)

INSTRUCTIONS

1. Refrigerate the salmon until you're ready to serve it. Tip: Freezing the ahi for 15 minutes before serving makes it easier to slice precisely but is not required.
2. Trim any flaws with a sharp fillet knife with a narrow blade. Then, cutting against the grain of the salmon, slice into long, uniformly thick (1/4 to 1/3 inch) strips. To prevent damaging the flesh, cut across the fish in a single stroke rather than sawing back and forth. Then slice it up to make smaller pieces, roughly the size of dominoes. For a video demonstration, see the link above.
3. Serve the pieces on a cold platter in a spread out, overlapping row with wasabi and ginger sides and a small dish of soy sauce for dipping. Pair the plate with a light beer or excellent 26



Japanese sake.

YELLOWTAIL SASHIMI

Time to Prepare: 5

Cook Time: 5

Total Time: 10

Serving: 1 People

minutes

minutes

minutes

EQUIPMENT

- Sharp slicing knife

INGREDIENTS

- Yellowtail Sashimi
- 5-6 oz yellowtail fish

Soy Citrus Yuzu Ponzu Sauce

- 1 tbsp soy sauce
- 1 tbsp citrus ponzu sauce
- 1/4 tsp pressed or minced garlic optional for garlic ponzu sauce

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Optional Garnishes

- 5-6 slices of jalapeno (thinly sliced)
- 5-6 slices of lemon
- 1/2 tsp wasabi
- 1 tbsp pickled ginger (thinly sliced)

INSTRUCTIONS

Yellowtail Sashimi

1. Yellowtail tuna should be sliced into small slices (sashimi style, about 1/4 inch thick or to taste). The form of the slices should be rectangular.

2. Soy Citrus Yuzu Ponzu Sauce

3. To make a tasty dipping sauce, mix soy sauce with citrus yuzu ponzu sauce. They can also be used as dipping sauces on their own.

Optional Garnishes

4. Serve with thinly sliced jalapeño slices on top. Lemon slices are used as a garnish.

5. As a side dish, wasabi and pickled ginger can be provided. For added heat and flavor, try mixing a little quantity of wasabi into your dipping sauce.

NOTES

1. *****Food Safety:** People who eat raw or undercooked meats, poultry, seafood, shellfish, or eggs can get sick. Food safety advice: Check with the Food and Drug Administration (FDA) and/or the relevant regulatory agency for help.

2. **Leftovers and Storage:** Eat immediately. Do not store.

3. Yellowtail Crudo, also known as Hamachi Crudo, is a traditional Italian dish. Salt, olive oil, citrus, or vinaigrette can be used to lightly garnish Crudo.

4. **Garlic Ponzu Sauce:** If you want to make garlic ponzu sauce, add a pinch of squeezed or finely minced garlic to your ponzu.

NUTRITION

Calories: 374kcal | Carbohydrates: 37g | Protein: 40g | Fat: 9g | Saturated Fat: 2g | Cholesterol: 54mg | Sodium: 1417mg | Potassium: 1622mg | Fiber: 14g | Sugar: 20g | Vitamin A: 7945IU |

Vitamin C: 552mg | Calcium: 65mg | Iron: 3mg



TEMPURA SASHIMI

Time to Prepare: 40

Cook Time: 40

Total Time: 1 hour

Serving: 4 People

minutes

minutes

20 minutes

INGREDIENTS

- 6 ounces sushi rice
- 4 ounces of rice wine vinegar
- 3 ounces of ground toasted sesame seeds
- 4 nori seaweed sheets
- 6 ounces of trimmed and skinned Ahi tuna
- 6 ounces of Himachi (yellow tail) white tuna
- 4 spring roll paper wrappers
- 8 ounces peanut oil
- 13 ounces wasabi mustard sauce
- Soy sauce

INSTRUCTIONS

1. In a saucepan, mix 6 ounces sushi rice and 1 pint of cold water.



2. Bring to a boil all of the ingredients, then decrease to a low heat setting and cover the pan.

Cook until the rice is nice and sticky and all of the water has evaporated. Then, spread the rice out on a sheet pan lined with plastic wrap and season with rice wine vinegar and sesame seeds.

3. Cover with a second layer of transparent film wrap. Place a nori sheet on a sheet pan and bake at 250 degrees for 30 seconds in a toaster oven or conventional oven. Seaweed should be gently toasted but not crunchy, and only slightly heated.

4. Arrange the seaweed on the table. Place pieces of Ahi or Himachi in the center after patting the rice on the seaweed with your fingertips. Roll the tuna roll on a sushi mat,

trimming off any extra seaweed before wrapping it in rice paper.

5. Fry for 2 minutes in 350°F oil, then slice and serve with wasabi and soy sauce.

JAPANESE SASHIMI (RAW FISH)

Time to Prepare: 10

Cook Time: 0

Total Time: 10

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1/2 lb sashimi grade salmon
- 1/2 lb sashimi grade tuna or any other fresh fish you like
- 1 Tbsp wasabi; you can get this ready-made in a tube or make your own with wasabi powder



- 1/2 lb shredded daikon radish
- 1 container of pickled ginger
- soy sauce
- roe Optional

INSTRUCTIONS

1. Cut the fish pieces against the grain with a sharp knife into 1/4-inch slices or less.
2. Arrange the fish, together with a handful of daikon radish, wasabi, and ginger slices, on a Japanese tray. It is typical to offer alongside a little dish of soy sauce, which your guests will combine with the wasabi to get the proper level of heat. Between bites, the ginger is used to cleanse the palate.

ALBACORE SASHIMI WITH JALAPEÑO & PONZU

Time to Prepare: 10

Cook Time: 0

Total Time: 10

Serving: 4 People

minutes

minutes

minutes

31



INGREDIENTS

- 8 oz. sashimi grade Albacore tuna
- 1 jalapeño sliced on a mandolin

- ponzu for dipping or drizzling

INSTRUCTIONS

1. Using a quarter-inch slicer, cut your Albacore into 1/4-inch slices.
2. Add the thinly sliced jalapeño on top.
3. Serve the sashimi with ponzu sauce for dipping or drizzling on top.

NUTRITION

Calories: 330kcal | Protein: 53g | Fat: 11g | Saturated Fat: 2g
| Cholesterol: 86mg | Sodium: 88mg |

Potassium: 571mg | Vitamin A: 5100IU | Vitamin C: 16.6mg |
Calcium: 18mg | Iron: 2.3mg **Nigiri Sushi Recipes**

Traditional Nigiri Sushi

Time to Prepare: 30

Cook Time: 15

Total Time: 45

Serving: 4 People

minutes

minutes

minutes

32

EQUIPMENT

- 1 cutting board for vegetables and 1 slicing board for raw fish
- 1 non-serrated, sharp knife
- 1 small rice-cooking pan
- A spoon and a mixing bowl
- water in a bowl (to keep your hands wet when handling rice)
- A cloth to clean and tidy and wipe as you go
- A serving plate
- Chopsticks for eating (optional- sushi is traditionally eaten with the fingers)

INGREDIENTS

- 10.58 oz. (300 g) of prepared sushi rice
- 20 cooked and butterflied king prawns
- Wasabi paste

INSTRUCTIONS

1. To start, follow the directions in this sushi rice recipe to prepare the rice.
2. Wet your hands and mold a tiny amount of sushi rice into a circular oblong shape with your palms.
3. Then, using a knife, sprinkle a pea-sized dollop of wasabi paste equally over each rice ball.
4. Finally, add a topping to each rice ball; in this case, I used butterflied king prawns from the Fish Society's sashimi kit,

which were already cooked. You may substitute different toppings to suit your particular preferences.

5. Place the topping-side up on the nigiri sushi. However, to get the most taste out of your nigiri sushi, tell your guests to eat it topping side down.

NOTES

1. **Rice:** To make the perfect sushi rice, mix it with rice wine vinegar, mirin rice wine, sugar, and salt. A bowl of water should be kept nearby to keep your hands moist when handling sushi rice. Sushi rice is incredibly sticky, and it will adhere to you rather than the seaweed if your hands are dry. Things may soon become shambles.

2. **Sushi-quality fish:** If you're going to eat raw fish, choose fish that has been frozen to below freezing for the appropriate period of time since it will be much safer to eat raw.

If you're going to use raw fish, get a sashimi kit, which includes a variety of sushi-grade, frozen raw fish that's ready to slice into thin slices (sashimi). And there was still some fish left over, so it's a good deal. This package includes four varieties of frozen, uncooked fish as well as cooked, butterflied king prawns. Total weight of 300g of sushi quality fish is 33

guaranteed by the Fish Society. The box also includes soy sauce sachets, wasabi sachets, pickled ginger sachets, and two sets of wooden chopsticks.

3. **Vegetables:** If using vegetables instead of, or in addition to, fish, use vivid colors that contrast beautifully with the white rice. Choose vegetables that will keep for a long time and will not become limp. Choose vegetables or fruits that

can be cut to the form of a rice ball to sit nicely on top of nigiri sushi. Here are some suggestions: Avocado, mango, bell pepper, and cucumber ribbons (tossed in lime juice).

When creating nigiri sushi, use wasabi paste to assist your butterflied prawns/fish/veg attach to your sushi balls.

4. Wrap and chill: Once you've finished making your sushi, dish it up, cover it, and refrigerate it for at least an hour before serving. This will not only keep the sushi fresh, but it will also help to solidify the rice and make it simpler to handle and consume.

To add a kick of flavor and authenticity, top with soy sauce, pickled ginger, and wasabi.

5. Time! : Allow lots of time for yourself! Don't underestimate the amount of mess and time it will take merely to prepare your vegetables and seafood.

NUTRITION

Serving: 136g | Calories: 196kcal | Carbohydrates: 33.6g | Protein: 15g | Fat: 0.9g | Saturated Fat: 0.2g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 0.1g | Sodium: 280mg | Potassium: 203.2mg | Fiber: 0.5g | Sugar: 1.7g | Vitamin A: 68.2IU | Vitamin C: 0.4mg | Calcium: 43.6mg | Iron: 0.8mg



SEARED SUSHI NIGIRI

Time to Prepare: 45

Cook Time: 20

Total Time: 1 hour

Serving: 3 People

minutes

minutes

5 minutes

INGREDIENTS

- 500 g of skinless fresh salmon fillets

- 1 cup of sushi rice
- 2 tbsp of sushi seasoning
- Red onion sliced nice and thin

INSTRUCTIONS

1. In a sieve or colander, rinse the rice under cold water for about a minute to get rid of any starch. Then add it to a saucepan. After that, add 1 1/2 cups of water to the saucepan, bring to a boil, then reduce to low heat, cover, and gently simmer for 20 minutes.

2. Transfer the rice to a plate or platter after it is done (something you can spread the rice out onto). Stir in the sushi vinegar, then set the rice aside to cool to room temperature for approximately an hour. It's better not to put it in the fridge since it will ruin the structure of the rice.

3. Meanwhile, place the salmon fillets on a chopping board and gently slice them at an angle with your knife. Salmon should be sliced to the thickness of a penny.



4. Fill your kettle halfway with water, then place your sliced red onions in a bowl. Boiling water should be poured over the red onion and left for about 10 minutes. Drain the onions and place them on kitchen paper to dry.

5. Once all of your salmon has been sliced and the rice has cooled, get a bowl of cool water and lightly moisten your hands to prevent the rice from sticking to your hands. Take a handful of rice and roll it into a little rectangular log in the palm of your hand. Then, using your fingers, delicately wrap a piece of salmon over the top. You will become better at it the more you practice.

6. (This is an optional step.) After you've finished shaping all of your sushi nigiri, use a blow torch to sear the top of the salmon. You only want to sear it long enough for the salmon to get a lovely light color on top.

7. Finally, add the red onion to the top of your sushi nigiri and serve.

NOTES

If you can't find sushi seasoning, mix 2 tbsp rice vinegar with a large amount of salt and sugar in a mixing bowl. Then, once the salt and sugar have dissolved, whisk everything together and add it to your cooked rice.

SALMON NIGIRI

Time to Prepare: 50

Cook Time: 15

Total Time: 1 hour

Serving: 1 People

minutes

minutes

5 minutes

36

INGREDIENTS

- 1 1/2 cups of (320 g) Calrose rice (sushi rice)
- 1 3/4 cups of (430 ml) water
- 1 tsp salt
- 3 tbsp (45 ml) rice vinegar
- 1 tbsp sugar

- 1 sushi-grade skinless salmon steak, about 1 lb (450 g)
- 1 tsp (5 ml) wasabi
- Soy sauce for sushi and sashimi, as needed
- Pickled ginger, as need

INSTRUCTIONS

1. Cover the rice with cold water in a bowl. Rinse the rice in ice water until it is turbid. Drain and repeat 4-5 times more, or until the water is clear. Drain the rice in a sieve until it is completely dry.
2. Bring the rice, water, and salt to a boil in a saucepan over high heat. Cook for 15 minutes, covered, over low heat, or until the liquid is completely absorbed. Remove from the heat and set aside, covered, for 10 minutes.
3. Meanwhile, slowly reheat the vinegar and sugar in a small saucepan over medium-low heat until the sugar has dissolved.
4. Spread the cooked rice evenly on a baking sheet and pour with the vinegar mixture. Mix gently to coat and separate the rice grains. Cover the rice with plastic wrap and spread it out again. Allow cooling slightly before serving.
5. Trim and discard the salmon's discolored parts with a sharp knife. Finely slice the fish against the grain with a 30° knife to get 4 inch (10 cm) long pieces (see note). At the same time, form the rice balls and set them aside on a cool tray or fridge.
6. Shape the rice into 2 1/2-inch (6 cm) oblong balls with slightly damp hands, using 2 tbsp of rice for every. As

needed, spread a little quantity of wasabi over each rice ball and top with a salmon piece.

7. Make sure you have some soy sauce and pickled ginger on the side when you prepare and serve.

NOTE

Request the freshest fish from your fishmonger and keep it refrigerated until ready to use. Nigiri is best served chilled and prepared with room-temperature cooked rice.

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HAMACHI NIGIRI

Time to Prepare:0

Cook Time: 30

Total Time: 30

Serving: 10 People

minutes

minutes

minutes

INGREDIENTS

Hamachi nigiri

- 4 1/2 oz of hamachi fillet
- 10 shiso cress leaves

Sushi rice

- 5 1/3 oz of sushi rice
- 6 1/16 fl oz of water
- 1/2 fl oz of sushi vinegar
- 1/8 oz of salt
- 1/4 oz of sugar

To serve

- wasabi paste
- sushi ginger

INSTRUCTIONS

1. Prepare the sushi rice first. Rinse the rice in a medium pan with cold water, then continue the process until the water clears. 5 1/3 ounce sushi rice, refilled with water and left away to soak for 20 minutes.

2. Using a fine mesh strainer, drain the soaked rice, then return it to the pan and add the measured water. A tight-fitting lid will keep the water from spilling out, so bring the water to a boil. Make sure the heat is turned down all the way. Allow 20 minutes for the rice to steam before gently boiling it.

3. Prepare the sushi vinegar just before the rice is finished cooking. In a large mixing basin, combine the vinegar, salt, and sugar. Microwave for 10 seconds, or until well warmed 6

1/16 cup water, 1/2 cup sushi vinegar, 1/8 cup salt, and 1/4 cup sugar.

4. Remove the cooked rice from the skillet and place it in the sushi vinegar dish. Stir until all are well blended, then put away to cool to room temperature.

5. Meanwhile, get the fish ready. 4 1/2 oz of hamachi fillet, sliced into thin strips 6. with a very sharp knife

7. To make the sushi, divide the sushi rice into 10 equal parts, each weighing 1/2 oz. Form the rice balls into even-sized oblongs with your palm and place on a metal tray.

8. Place the hamachi slices on top of the rice and lightly brown them with a blowtorch. After the nigiri has been seared, divide them evenly amongst serving plates.

9. To serve, place a shiso cress leaf on top of each nigiri. Serve immediately with a little sushi ginger and wasabi on each plate. Wasabi paste, sushi ginger, 10 shiso cress leaves.

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TUNA NIGIRI

Time to Prepare:15

Cook Time:1

Total Time: 1 hour

Serving: 16 pieces

minutes

hour

15 minutes

INGREDIENTS

For Sushi Rice

- 1 cup of sushi rice uncooked; it's best to use Japanese short-grain sushi rice
- 1 cup of water
- 1 tbsp sushi vinegar or mixing 1 tbsp rice vinegar, 1/2 tbsp sugar, and 1/2 tsp salt **For Tuna Nigiri**
- 8 oz sashimi-grade tuna
- 2 tsp wasabi optional

Optional for Serving

- soy sauce
- wasabi
- pickled ginger

40

INSTRUCTIONS

1. **Make Sushi Rice:** The rice should be washed in cold water until the water flows clear. The rice and water should then be added to the rice maker. Cook as directed on the package.

Place the boiling rice in a large mixing bowl and set it aside to cool for a few minutes. While it's still hot, add the sushi

vinegar (or the mixture of rice vinegar, sugar, and salt).

2. Prepare the tuna as follows: Cut at a 30 to 45 degree angle against the grain. Prepare your tuna by slicing it thinly. I suggest cutting it into 3-inch long, 1-inch broad and 1/4-inch thick strips.

3. Shape the Rice: In your right hand, take roughly 3 tablespoons of rice. Squeeze it together until it forms a hard oval shape that resembles a "log." With the rounded top, try to make the bottom flat. (Don't squeeze it too tightly; there should still be some air in the rice.) **4. Assemble the Nigiri:** Place the tuna slice between your index and middle fingers. Then place a pea-sized amount of wasabi in the center of the fish.

Cover the tuna with the rolled sushi rice, which you may do with your fingers. Press down on the rice with the index finger of the other hand.

Allow the tuna slice to sit on top of the rice while the fish and rice are turned. Optional wasabi, soy sauce, and pickled ginger are served alongside tuna nigiri.

NOTES

It's best to moisten your hands with tezu water before handling the rice to prevent it from sticking. Simply combine 1/4 cup water and 2 teaspoons rice vinegar to produce tezu water.

Tuna nigiri should be eaten the same day because the raw fish won't taste as good the next day.

NUTRITION

Calories: 64kcal | Carbohydrates: 10g | Protein: 4g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 5mg |

Sodium: 7mg | Potassium: 45mg | Fiber: 1g | Sugar: 1g | Vitamin A: 309IU | Vitamin C: 1mg |

Calcium: 2mg | Iron: 1mg

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TAMAGO SUSHI

Time to Prepare:15

Cook Time: 45

Total Time: 1 hour

Serving: 12 pieces

minutes

minutes

INGREDIENTS

For the Sushi Rice

- 1 cup of sushi rice
- 1 cup of water
- 1 1/2 tbsp optional sushi vinegar (or mixing 1 tbsp rice vinegar, 1/2 tbsp sugar) **For Tamagoyaki**
- 4 eggs
- 2 tbsp water
- 1/4 tsp rice vinegar
- 1 1/2 tbsp sugar
- 1 tbsp mirin
- 1/4 tsp salt
- oil
- Other
- nori
- optional soy sauce for serving

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INSTRUCTIONS

Cook Sushi Rice

1. Wash the rice and mix it with the water in the rice cooker. Place the mixture in a large mixing bowl and leave aside to cool somewhat. While it's still hot, stir in the sushi vinegar (or the mixture of rice vinegar, sugar, and salt).

Make Tamagoyaki for Sushi

2. Mix the eggs in a bowl with a whisk. Make sure the eggs aren't over-beaten.

3. Whisk together water, rice vinegar, sugar, and mirin in a separate basin until sugar is dissolved.

4. Mix the egg and spice combination in a mixing bowl. Gently whisk the ingredients together.

Using a strainer, strain the egg mixture. To make pouring easier throughout the cooking process, pour the mixture into a measuring cup or jar with a spout and handle.

5. Over medium heat, heat a rectangular tamagoyaki pan. Then, using a folded paper towel dipped in oil, wipe the pan clean.

6. Pour a thin layer of the seasoned egg mixture into the pan once the oil is heated. Allow the liquid to flow to the pan's edge by tilting it.

7. Begin rolling the egg into a log shape after it has set a little but is still soft on the surface.

Make sure the egg isn't overcooked; otherwise, it won't cling to the log as you roll it. (It's okay if your eggs aren't folded properly.)

8. Place the wrapped omelet to the side and wipe the pan with a paper towel to add extra oil.
9. Cover the bottom of the pan with another layer of the egg mixture. Allow the ingredients to flow underneath the omelet by lifting it.
10. Once this new layer has set slightly but is still soft on top, start rolling the log back onto the set egg to the other end of the pan.
11. Repeat with the remaining egg mixtures until they're all done.
12. Remove the tamagoyaki from the pan and set it on a sushi mat. While the tamagoyaki is still hot, wrap it up and shape it. Allow for a 5-minute rest period.
13. Set aside the tamagoyaki, which should be cut into 12 pieces.

Make Tamago Sushi

14. The nori seaweed should be cut into 1/4-inch broad pieces.
15. Make a long oval shape out of 3/4 cup cooked rice (approximately 1 1/2 inch). Gently squeeze the rice and flatten the bottom. (To avoid stickiness, soak your hands in vinegar water**.)
16. Place a slice of tamagoyaki on the rice and push it down firmly.
17. To bind the tamagoyaki to the rice, wrap a nori strip around the width of the sushi. Make 12 pieces by repeating the process.

18. Place the Tamago sushi on the plate. Serve with soy sauce if desired.

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NOTES

1. To prepare tamagoyaki in a round pan, use the same instructions as for a rectangle pan. To get an identical thickness, you'll need to trim the edges. Tezu water for hand dipping: Combine 1/4 cup water and 2 teaspoons rice vinegar in a mixing bowl.
2. The rolled egg is made extra fluffy by straining the egg mixture through a sieve.
3. Your omelet's inner rolls don't have to be flawless. It's normal for the inner layers not to be neatly lined up because

the eggs aren't fully settled when you roll them up.

4. Ensure that the pan is very well with enough oil before adding each layer of egg mixture.

5. Before you add the egg mixture, make sure the pan is hot enough to handle it.

6. Keep your food cool before cutting into it.

Unagi Nigiri Sushi

Time to Prepare: 20

Cook Time: 20

Total Time:40

Serving: 6 People

minutes

minutes

minutes

44

INGREDIENT

- 4.41 oz (125 g) Sushi rice
- 0.25 l Water
- 0.5 tsp Salt
- 0.5 tsp Sugar
- 2 tbsp Rice vinegar

- Wasabi paste
- 4.23 oz (120 g) Smoked eel
- 1 tbsp Soy sauce
- 0.5 leaf Nori Algae Leaves
- 0.35 oz (10 g) Sesame seeds

INSTRUCTIONS

1. Smoked eel is used in the preparation of Unagi Nigiri Sushi.
2. Remember to remove the head, skin, central bone, and tail end before weighing. Only the eel flesh that was actually consumed was used to calculate the calories.
3. Pour the sushi rice into a saucepan first. Toss in the water, salt, and sugar. Bring water to a boil. Cover the pot with the lid. Allow the rice to prosper for about 20 minutes on low heat until it is soft. Fill a plate with the mixture and add the vinegar.
4. Allow rice to cool fully before using. With slightly dampened hands, form 6 long rice pieces.

Top with a thin layer of wasabi. Cut the eel into bite-size pieces. Skin and bones must be removed.

5. Soy sauce should be applied to the eel. Sushi should be arranged on top of the Unagi Nigiri.

Brush Nori algae with water in a thin layer.

6. Cut the cake into strips. Wrap each Unagi Nigiri Sushi in a strip of Nori seaweed.

7. Sesame seeds are roasted in a pan without the addition of oil. Sushi should be sprinkled on top of the Unagi Nigiri.

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EBI NIGIRI - SHIRM

Time to Prepare: 0

Cook Time: 10

Total Time:10

Serving: 5 People

minutes

minutes

minutes

INGREDIENTS

- 5 jumbo shrimp, raw and unpeeled
- 3 quarts water
- 1 cup of rice vinegar
- 5 tbsp sushi rice, already cooked and cooled

INSTRUCTIONS

1. To boil the shrimp and butterflies. Remove the shrimp's head and thread a long bamboo skewer through the shrimp's middle, starting at the top and working down to the tail.
2. To provide more room for the skewer to leave, press and flatten the middle of the tail part with your thumb.
3. A large saucepan should be filled with water and vinegar. Then, add the skewered shrimp and cover the pan.
4. Before you remove the pan, turn off the heat. Wait three minutes for the pan to cool down before you do this.
5. Remove the shrimp from the pan and cool to room temperature.
6. Set aside the shrimp that have been peeled.



7. It's essential not to use the point of a sharp knife to cut all the way through the stomach.

With the tip, slit it from top to bottom.

8. Gently open and flatten the shrimp. Rep with the rest of the prawns.

9. To prepare the Nigiri, mix together a tiny amount of water and rice vinegar to dip your fingers in. The rice will not adhere to your hands if you do this.

10. In your right hand, moisten your hands in the water-vinegar mixture and take up a little ball of sushi rice. Squeeze into a rectangle form carefully. In your left hand, pick up and hold a butterflied shrimp.

11. Bring the shrimp to the rice ball. Use your right hand's thumb and forefinger to gently press in the sides of the nigiri, and your left hand's thumb to gently press it in at the bottom (of the upside down nigiri). Turn the pressed nigiri in your left hand over with your right hand.

12. Press in the sides with your thumb and forefinger, and gently press the shrimp and rice together on top with two fingers of your right hand.

13. Optional: slice a thin strip of nori and wrap it around the Ebi Nigiri's center. It adds a nice final touch.

14. Serve with soy sauce, wasabi, and pickled ginger as typical sushi accompaniments.

TAKO NIGIRI SUSHI

Time to Prepare: 10

Cook Time: 10

Total Time:20

Serving: 16 People

minutes

minutes

minutes

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INGREDIENTS

For Sushi Rice

- 1 cup of sushi rice uncooked; it's best to use Japanese short-grain sushi rice
- 1 cup of water
- 1 tbsp sushi vinegar or mixing 1 tbsp rice vinegar 1/2 tbsp sugar, and 1/2 tsp salt
- For Octopus Nigiri
- 8 oz sashimi-grade octopus
- 2 tsp wasabi
- 1 sheet nori

For Serving (Optional)

- soy sauce
- wasabi
- pickled ginger

INSTRUCTIONS

1. Make the Sushi Rice: Using cold water, wash and rinse the rice. In a rice cooker, mix the rice and the water. Cook exactly as directed on the package. (Alternatively, you may cook it in a regular saucepan on the stovetop.)

Transfer the rice to a large mixing bowl and set it aside to cool. Stir in the sushi vinegar while it's still extremely hot (or the mixture of rice vinegar, sugar, and salt).

2. Cut the Octopus: Using a 30 to 45 degree angle, cut the octopus into thin pieces. Cutting it into 3-inch long, 1-inch broad, and 1/4-inch thick sections is a good idea. (To acquire

the right length and thickness, you'll need to alter the angle from time to time.) After cutting, pat it dry.

3. Shape the Rice: In your right hand, take roughly 3 tablespoons of rice. Squeeze it together until a hard oval shape forms. With the rounded top, try to make the bottom flat. (To avoid stickiness, soak your palm in tezu water*.)

4. Assemble the Sushi: Place the octopus slice on your fingers' roots. Then spread a pea-sized amount of wasabi in the center of the octopus.

Take your hands and cover both the octopus and the sushi rice with them. Press down on the rice with the index finger of the other hand.

Turn the octopus and rice over, and place the octopus slice on top.

Cut the seaweed into 1/4- inch strips and wrap each strip around the nigiri's breadth. On the side, serve with wasabi, soy sauce, and pickled ginger.



NOTES

1. *To prepare tezu water, combine 1/4 cup water and 2 teaspoons rice vinegar.
2. Nigiri should be eaten the same day because the raw fish won't taste as good the next day.

OTORO NIGIRI SUSHI

Time to Prepare: 10

Cook Time: 10

Total Time:20

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- sushi-grade otoro (fatty tuna)
- sushi rice pillows
- yuzu
- For Serving
- soy sauce
- wasabi
- sushi ginger

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INSTRUCTIONS

1. Collect all of the ingredients.
2. Trim the area surrounding the item after removing the skin.
3. To get the required thickness, slice to the appropriate thickness. A thinner slice is advised because of the high-fat content.
4. Scrape the flesh off of the skin with a scraper, then wash it off. As a tuna, this is one of the most tasty parts. It could be used to make negitoro donburi.
5. Sear the otoro with a kitchen blow torch to release the otoro's hidden umami flavors.

6. Place the seared otoro on the sushi pillows with a squeeze of yuzu juice on top. Wasabi, soy sauce, and sushi ginger are served on the side.

BELL PEPPER AKAMI NIGIRI

Time to Prepare: 1

Cook Time: 30

Total Time: 1 hour

Serving: 12 People

hour

minutes

30 minutes

INGREDIENTS

- 2 medium-sized red bell peppers
- 1 tsp wasabi (for nigiri)

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Sushi Rice

- 1 cup of Japanese short-grained white rice, cooked
- 1/2 tbsp rice vinegar
- 1 tsp Sugar

Marinade

- 1 clove of garlic, finely minced

- 1/4 cup of kombu dashi
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp mirin
- 1 sheet dried nori, torn into large pieces

INSTRUCTIONS

1. The bell peppers should be roasted. Preheat the oven to 450 degrees Fahrenheit. To begin, use a meat fork to pierce the top of the bell pepper and blacken the surfaces with a gas cooktop or a blowtorch. The skins don't have to be fully black; they can be partially blackened. (Optional: Once the bell peppers are blackened, wrap them in plastic wrap to retain the heat and produce steam, which will aid in skin release.) Unwrap them after 5

minutes in the plastic wrap). Place the blackened bell peppers on a parchment-lined baking sheet and roast for about 15 minutes, or until blistered and shriveled.

2. Bell Peppers should be cut into Akami-like strips. Allow 15 minutes for the Bell Peppers to cool after roasting. Start by extracting the seeds and cutting off the stem when it has rested.

The bell peppers should next be sliced into Akami-like strips. Make sure the waxy area on the underside of the bell peppers is removed.

3. Make the marinade first. In a pot, mix all of the marinade ingredients. Bring to a boil, then strain into a basin. Place the prepared bell pepper slices in the marinade while it is still hot.

Allow this to marinate for at least 24 hours.

4. Sushi rice has to be prepared ahead of time. Place a bowl of freshly cooked rice in front of you. Mix in the rice vinegar and sugar thoroughly while the rice is still hot to allow the sugar to dissolve. To make the rice ovals, wet your hands with water and form the rice.

5. To make the Nigiri, mix all of the ingredients in a large mixing bowl.

6. Enjoy immediately now!

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MAKI ROLLS RECIPES

Tekkamaki Tuna Sushi Roll

Time to Prepare: 20

Cook Time: 0

Total Time: 20

Serving: 8 People

minutes

minutes

minutes

INGREDIENTS

- 4 sheets nori
- 4 ounces sushi-grade tuna
- 6 cups of prepared sushi rice
- Soy sauce, wasabi, for serving

INSTRUCTIONS

1. Gather all the necessary ingredients.
2. Nori should be cut in half to make a 4-by-7 1/2-inch square.
3. Tuna should be cut into thin, long sticks that are 1/2 inch thick and 7 1/2 inches long.
4. Place the bamboo sushi mat flat on the work area, with the bamboo slats running from left to right, so you may roll the mat away from you.



5. Place a nori sheet on top of the bamboo mat (makisu), with one of the long sides of the seaweed close to the sushi mat's front edge (the edge near you).
6. On top of the nori sheet, spread roughly 3/4 cup sushi rice.
7. Place the tuna on the rice in a horizontal position.
8. Roll up the bamboo mat and form the sushi into a cylinder by pressing forward. Roll from the front end of the mat to the other end, guiding with the sushi mat.
9. Pull the mat tight and press the bamboo mat tightly to tighten the rolls like roll cakes.
10. Take the rollout of the mat.
11. Repeat until all rolls are completed, then stop.

12. Before slicing sushi, wipe a knife with a damp towel. Sushi rolls should be cut into bite-size pieces. Serve immediately with wasabi and soy sauce.

KAPPAMAKI (CUCUMBER SUSHI ROLL)

Time to Prepare: 20

Cook Time: 0

Total Time: 20

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 4 sheets nori, cut in half
- 6 cups of prepared sushi rice
- 2 Japanese cucumbers, cut into long sticks



INSTRUCTIONS

1. Gather all the necessary ingredients.
2. Place a nori plate on top of a bamboo mat (makisu).
3. On top of the nori, spread roughly $\frac{3}{4}$ cup sushi rice.
4. $\frac{1}{8}$ of the cucumber sticks should be placed horizontally on the rice.
5. Roll the sushi up the bamboo mat, pushing forward to form a cylinder.
6. With your hands, firmly press the bamboo mat.
7. Remove the sushi roll off the bamboo mat. To manufacture more rolls, repeat the process.

8. Before slicing sushi, wipe a knife with a damp towel.

9. Sushi rolls should be cut into bite-sized pieces.

FUTOMAKI - THICK SUSHI ROLLS

Time to Prepare: 30

Cook Time: 15

Total Time: 45

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 5 sheets nori
- 1 English seedless cucumber (cut into 6 1/2 inch long thin strips)
- 1 avocado (cut into pieces, peeled, pitted)
- 1 packet Nova lox (sliced into strips) (3 oz/85g)
- Soy sauce for serving
- Wasabi for serving (optional)

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- Pickled ginger optional

Sushi Rice

- 2 cups of medium grain rice (400g)
- 2 1/2 cups of water (600ml)
- 1 piece kombu (wiped with a damp paper towel) (about 2-in x 2-in square) **Vinegar Mixture**
- 6 tbsp rice vinegar
- 4 tbsp sugar
- 1 tsp salt

INSTRUCTIONS

Sushi Rice:

1. In a medium-sized pot, wash and drain rice 4 to 5 times. Allow rice to soak for 20 minutes after covering it with water. Drain.
2. Fill the pot with 2 1/2 cups (600ml) water. Add the kombu to the pot and place it on the stove over medium heat. Just as the water is about to boil, remove the kombu. With the cover on the pot, bring the water to a boil. Reduce the heat to low and cook the rice for about 10 minutes, or until the water has been absorbed completely.
3. Remove the pot from the heat without opening the cover. Allow 10 minutes for the rice to rest before handling.
4. To make a small bowl, mix vinegar and sugar with a little bit of salt in it. Stir until all of the sugar and salt has dissolved.

5. Fill a wet sushi tub or a big shallow dish halfway with rice. In an even layer, pour the vinegar mixture over the rice. Using a rice paddle, gently fold in the vinegar mixture in a cutting motion. Do not mash the potatoes.

6. With the paddle, turn the rice and fan it as you go. This will help the vinegar get into the rice and make it look bright and shinier, so do this.

Making the rolls and serving:

1. On your work table, place a sushi mat. Then, with the glossy side down, drop a sheet of nori on the mat, aligning up with the mat's edge closest to you. With the use of a rice paddle, spread a uniform layer of vinegared rice over the nori, leaving about 1 1/2 inches of nori at the far end. The rice should be about a quarter of an inch tall. To prevent the filling from flowing forward when rolled, make a ridge at the far end.

2. In the center of the rice, arrange a cucumber strip, three avocado strips, and numerous lox strips.



3. Lift the mat with your thumbs and roll forward until the mat's border reaches the top of the ridge, keeping the filling in place with your fingers. Continue rolling forward while firmly squeezing the mat and retracting it backward until the nori seam is at the bottom.

4. Finally, firmly lay the top half of the mat over the roll, curl your fingers, and pressure the mat to compact the roll. Do not force the filling out at the ends by pushing too hard. When all of the rice has been consumed, repeat the process again.

5. Each sushi roll should be sliced into six thick slices.

6. Serve with soy sauce, pickled ginger, and a little dollop of wasabi.

SPICY TUNA ROLL

Time to Prepare: 15

Cook Time: 0

Total Time: 15

Serving: 6 People

minutes

minutes

minutes

INGREDIENTS

- 5 ounces can tuna in water (well drained)
- 1 tbsp sriracha sauce
- 1/2 tsp chili oil
- 1/2 tsp rice vinegar
- 2 tbsp scallions (finely chopped)
- 1 1/2 tbsp light mayonnaise
- 6 nori sheets (seaweed)

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- 1 1/2 cups of cooked Japanese rice (room temperature), or sushi rice
- ## INSTRUCTIONS

1. Mix tuna, sriracha sauce, chili oil, rice vinegar, scallions, and mayonnaise in a mixing bowl.
2. On top of a bamboo mat lay a sheet of nori (sushi roller).

3. Wet your fingers in a small bowl of water adjacent to the sushi roller. 1/4 cup cooked rice, spread out on one side of nori sheet by pushing down (you may need to add extra rice - just make sure it's thinly spread out). Continue until you've covered at least 3/4 of the nori sheet.

4. Place a line of spicy tuna mix in the center of the rice (about 1 1/2 tablespoons or more if you want larger rolls).

5. The bamboo mat should be rolled up (starting with the side with the rice and spicy tuna).

Roll it tightly enough that the rice feels compacted, but not so tightly that the tuna mixture leaks out (or the nori sheet breaks). A few times, you'll get the hang of it. Continue rolling until just a little amount of nori is visible.

6. Wet your fingertips and run them down the nori sheet's an inside edge. This will secure the roll's end. Continue rolling while carefully removing the bamboo mat.

7. Using a sharp knife and a moistened towel, cut the roll into bite-size pieces.

NOTES

It's recommended to serve this Spicy Tuna Roll Recipe immediately. If the rice is refrigerated, it will harden soon.



CALIFORNIA ROLL

Time to Prepare: 45

Cook Time: 20

Total Time: 1hour 05

Serving: 8 People

minutes

minutes

minutes

INGREDIENTS

- Juice of 1/2 lemon

- 1 medium avocado, peeled, pitted, and sliced 1/4-inch thick
- 4 sheets nori
- 1/2 batch sushi rice, recipe follows
- 1/3 cup of sesame seeds, toasted
- 1 peeled and seeded small cucumber, cut into matchstick-size pieces
- 4 crabsticks, torn into pieces
- Pickled ginger for serving
- Wasabi, for serving
- Soy sauce, for serving

Sushi Rice:

- 2 cups sushi rice or 2 cups short grain rice
- 2 cups of water, + extra for rinsing rice

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- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 tbsp kosher salt

INSTRUCTIONS

1. To keep the avocado from browning, squeeze some lemon juice over it.

2. Plastic wrap a rolling bamboo mat. Crosswise cut nori sheets in half. 1 sheet of nori, shiny side down, should be placed on the plastic-covered mat. Wet your fingertips with water and evenly sprinkle 1/2 cup rice over the nori. Sesame seeds can be placed on top of the rice.

Flip the nori sheet over so that the rice side is facing up. 1/8 cucumber, avocado, and crab sticks should be placed in the center of the sheet.

3. Using the mat to shape the cylinder, grab the edge of the mat nearest to you and roll it into a tight cylinder, holding the contents in place with your fingers. Remove the mat from the table and place it aside.

4. A moist towel should be used to cover the dish. Rep till you've used up all of the rice. Every roll should be cut into 6 pieces, with pickled ginger, wasabi, and soy sauce on the side.

Sushi Rice:

5. Fill a mixing bowl halfway with cold water and add the rice to it. Swirl the rice in the water, pour it out, and repeat 2-3 times more, or until the water is clear.

6. In a medium saucepan, mix the rice and 2 cups of water and bring to a boil. Uncovered, bring to a boil. Reduce to the lowest heat level and cover after it starts to boil. 15 minutes of cooking Turn off the heat and set aside for 10 minutes, covered.

7. In a small microwave-safe bowl, mix the rice vinegar, sugar, and salt; heat for 30 to 45

seconds on high. In a large mixing bowl made of wood or glass, pour the vinegar mixture over the rice. To coat every

grain of rice in the mixture, fold it in well. Allow cooling before using in sushi or sashimi.

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PHILADELPHIA ROLL

Time to Prepare: 25

Cook Time: 25

Total Time: 50

Serving: 10 rolls

minutes

minutes

minutes

INGREDIENTS

- 8 oz cream cheese
- 1/2 english cucumber
- 5 cups of cooked Sushi Rice
- 10 nori seaweed sheets (half-sheets)

INSTRUCTIONS

1. Cream cheese and cucumbers should be cut into strips.
2. On a sushi mat, place a half-sheet of nori. Over the nori, spread 1/2 cup of cooked and seasoned Sushi Rice.
3. Fill the bottom end with a few slices of cream cheese and cucumbers before flipping. Every roll should be rolled and cut into eight pieces.

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NOTES

1. Avocado or salmon are used in certain Philadelphia Rolls. If desired, use smoked or cured salmon.
2. When dealing with sushi, wet your hands to prevent the Sushi Rice from adhering to your hands.
3. For simpler clean-up, I like to lay my bamboo mat inside a gallon-sized zip-lock bag.

NUTRITION

Serving: 1sushi roll Calories: 184kcalCarbohydrates:
24gProtein: 4gFat: 8gSaturated Fat: 4gCholesterol:
25mgSodium: 80mgPotassium: 81mgFiber: 1gSugar:
1gVitamin A: 320IUVitamin C: 1mgCalcium: 37mgIron: 1mg

BOSTON ROLL

Time to Prepare: 10

Cook Time: 50

Total Time: 1

Serving: 4 rolls

minutes

minutes

hour

INGREDIENTS

For Sushi Rice

- 1 cup of sushi rice short grain sushi rice
- 1 cup of water

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- 1 1/2 tbsp sushi vinegar (optional) or mixing 1 tbsp rice vinegar, 1/2 tbsp sugar, and 1/2

tsp salt

For Boston Sushi

- 3-6 tbsp tobiko (or masago)
- 6 oz shrimp
- 1/2 cucumber cut into 1/2-inch strips

- 2 sheets nori seaweed sheet
- 2 avocado ripe but still firm

Optional for Serving

- soy sauce
- wasabi paste

INSTRUCTIONS

1. **Cook Sushi Rice:** Wash the rice and mix it with the water in the rice cooker. In a large bowl, set it aside to cool down to room temperature. Stir in the sushi vinegar (or a combination of rice vinegar, sugar, and salt) while it's still warm.

2. **Poach Shrimp:** Season a pot of water with salt after bringing it to a boil. Remove the pot from the heat and add the shrimp. Allow it to sit for 3-5 minutes, or until shrimp are fully cooked. To halt the cooking process, place the poached shrimp in a bowl of ice water.

Remove the tails, drain, and peel the shrimp.

3. **Make Boston Sushi Roll:** Place a piece of plastic wrap on top of the bamboo mat (This will simplify cleanup and keep the rice from sticking to the bamboo).

4. Using a pair of scissors, slice the nori sheets in half and separate them.

5. Half of the nori should be placed at the mat's bottom.

6. Half of the nori sheet is placed on top of the bamboo mat.

7. Wet your hands lightly and scoop up roughly 3/4 cup of cooked rice. (To avoid stickiness, soak your hands in vinegar water.) Spread the rice in a thin, uniform coating all the way to the borders. If you apply too much pressure, the rice will become mushy.

8. Rice should be evenly distributed over the nori sheet.

9. Turn the rice and nori over so that the nori is facing up and the rice is on the bottom.

10. On top of the nori, layer the shrimp, avocado, and cucumber. If you use too much filling, your roll will not seal correctly.

11. On top of the nori sheet, place poached shrimp, avocado, and cucumber.

12. Lift the edge of the bamboo mat up and over the filling with your thumbs.

13. To tighten the bamboo mat, roll it away from you and apply some pressure. Continue to roll until the ends touch.

14. Remove the bamboo mat from the roll and distribute tobiko on top.

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15. Tobiko is added to the sushi roll.

16. Cover with the sushi mat after covering with plastic wrap. To wrap the tobiko around the roll, gently squeeze it.

17. On top of the tobiko, place a piece of plastic wrap.

18. Keep the plastic wrap when removing the bamboo mat. Slice the roll into 8 pieces that are easy to eat. Remove all of

the plastic wraps from every item. Serve and have fun!

NOTES

1. To make Tezu water for dipping hands, mix 1/4 cup water and 2 teaspoons rice vinegar.
2. Warm sushi rice should not be put in the fridge to cool down since it will change the taste and texture.
3. Why is my sushi roll falling to pieces? This might be because you used the wrong rice or didn't squeeze the rolls hard enough. While rolling, you must tuck in and pull the bamboo mat.

NUTRITION

Calories: 51kcal | Carbohydrates: 6g | Protein: 2g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 22mg |

Sodium: 66mg | Potassium: 79mg | Fiber: 1g | Sugar: 1g | Vitamin A: 44IU | Vitamin C: 2mg |

Calcium: 15mg | Iron: 1mg



ALASKA ROLL

Time to Prepare: 10

Cook Time: 30

Total Time: 45

Serving: 1 People

minutes

minutes

minutes

EQUIPMENT

- Instant pot (sushi rice), bamboo sushi mat, plastic wrap
- INGREDIENTS

Sushi Rice

- 1 cup of small or medium grain white rice
- 1 cup of + 1 tbsp water
- 2 tbsp seasoned rice vinegar
- 1 tsp salt

Alaska Roll Sushi

- 1 sheet nori (seaweed paper)
- 6 oz 6 thin slices Sushi-Grade Salmon
- 1/4 cup of imitation crab meat or real Alaskan crab meat
- 1 tbsp mayonnaise (optional)
- 1/2 tsp sriracha (optional)

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- 2-3 slices of cucumber (cut into matchsticks)
- 2-3 slices of avocado
- pickled ginger (optional)
- wasabi (optional)

Optional Sauces and Toppings

- spicy sriracha mayo

- bang bang sauce
- eel sauce
- white or black sesame seeds

INSTRUCTIONS

How to make sushi rice

1. To get rid of extra starch, rinse the rice in a small sieve (water should run clean). Water that has accumulated should be shook off.
2. Mix rinsed rice and salt in an instant pot. Half-fill the container with water 1 tsp salt 3. In an instant pot, cook on high pressure for 6 minutes (with full natural release).
4. In a mixing bowl, mix the rice and the remaining ingredients. Pour an equal amount of rice vinegar over the rice.
5. Gently fold the rice into the rice vinegar, taking careful not to fracture it.

Make spicy crab mix

6. Shredded imitation crab meat or Alaskan crab meat is recommended.
7. In a mixing bowl, mix imitation crab meat or Alaskan crab meat, mayonnaise, and sriracha.

How to roll Alaskan sushi rolls

8. Make sure to cover a bamboo sushi rolling mat with plastic wrap.

9. Cover the mat with a sheet of nori.
10. To eliminate surplus water, dunk hands in water and clap. A towel and a small bowl of water should be kept nearby.
11. Cover the nori in a layer of rice. For every complete nori sheet, you'll use around 1 cup of cooked rice.
12. Cover the entire nori sheet with rice (no gap). Using half of the plate, equally distribute the salmon pieces.
13. Turn the nori on its side (rice/salmon side down, nori up).
14. Place 2 tablespoons crab mixture, 2 avocado slices, and 3-4 thin cucumber strips lengthwise across the rice in a strip. Placement should be around 1 inch from the rice paper's bottom. If you use too many, the sushi roll won't close properly.
15. Lift edges up and overfilled using a bamboo mat. To tuck, use your fingers.

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16. Pull back and compress the mat into a roll shape so that only the nori and no rice are exposed.
17. Squeeze and reshape the roll by moving the mat.
18. Slice and wipe with a moist cloth after each slice to avoid the knife from becoming too sticky.
19. Cut every half into three segments and then in half again.

NOTES

1. *****Food Safety:** You run the risk of acquiring a foodborne illness if you eat raw or undercooked meats, poultry, seafood, shellfish, or eggs. Regarding food safety advice, consult the Food and Drug Administration (FDA) and/or the applicable regulatory body.

2. **Storage and Leftovers:** Eat as soon as possible. Do not keep.

NUTRITION

Calories: 1399kcal | Carbohydrates: 173g | Protein: 55g | Fat: 55g | Saturated Fat: 8g | Cholesterol: 98mg | Sodium: 2532mg | Potassium: 2494mg | Fiber: 22g | Sugar: 2g | Vitamin A: 627IU | Vitamin C: 31mg | Calcium: 125mg | Iron: 5mg

66



MEXICAN ROLL-UPS

Time to Prepare: 5

Cook Time: 25

Total Time: 30

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 8 ounces extra-lean ground beef (95% lean)
- 1/3 cup of chopped tomato (1 small)
- 1/3 cup of chopped red sweet pepper
- 1 tbsp red wine vinegar
- 1 tsp ground cumin
- 1 tsp olive oil
- 2 large heads 2 romaine lettuce leaves, large ribs removed
- 2 (8 inch) whole wheat 96% fat-free heart-healthy tortillas

INSTRUCTIONS

1. Cook ground beef in a medium skillet over medium-high heat until browned, breaking up the meat with a wooden spoon as it cooks. Away from any remaining fat. In a skillet, mix the tomato, sweet pepper, vinegar, cumin, and oil.

2. On every tortilla, place a romaine leaf. Half of the cooked ground beef mixture should be spooned on top of every lettuce leaf.

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3. Roll up every filled tortilla completely. Using skewers, fasten the roll-ups if desired.

NOTES

1. **Tip:** Tear off two 15-inch-long strips of foil before constructing the roll-ups if desired.

Every piece of foil should have a tortilla on it. Roll every tortilla in the foil until it is entirely folded up. Close one end. Peel back the foil from the unsealed end to consume.

NUTRITION

Serving Size: 1 tortilla

Per Serving: 332 calories; protein 29.1g; carbohydrates 28.3g; dietary fiber 3.4g; sugars 2g; fat 9.8g; saturated fat 3.1g; cholesterol 69.8mg; vitamin a iu 1080.4IU; vitamin c 36.2mg; folate 23.9mcg; calcium 126.9mg; iron 4.4mg; magnesium 32.1mg; potassium 552.1mg; sodium 421.2mg.

RAINBOW ROLL

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 1 roll

minutes

minutes

minutes

68

INGREDIENTS

- 3 pieces sashimi grade salmon sliced thinly
- 3 pieces sashimi grade tuna sliced thinly
- 1 avocado sliced thinly, the same size as the fish, + pieces for inside roll
- 2 pieces of imitation crab meat

- 1 cucumber peeled and sliced lengthwise
- Prepared sushi rice
- 1 piece of the nori seaweed sheet
- Eel sauce

INSTRUCTIONS

1. Place a piece of smooth-sided seaweed on your work surface.
2. Over eighty percent of the seaweed, press your prepared sushi rice. (When you roll it, it will expand to the edges.)
3. Place your sushi rolling mat in the middle of the table.
4. Cover the mat with plastic wrap, then flip the seaweed over so that the rice is on the bottom.
5. Place the cucumber slices, avocado chunks, and imitation crab on the bottom third of the roll, lengthwise.
6. Use your rolling sushi mat to roll it up.
7. Alternate placing the fish and avocado pieces on the top of the roll.
8. Gently roll the fish and avocado pieces onto the roll using the plastic wrap and rolling mat.
9. Slice the roll into eight pieces using a very sharp knife.
10. Drizzle the eel sauce over the top after plating. If you can't get eel sauce, dipping it in soy sauce and wasabi is a fantastic substitute.

11. Enjoy yourself and give it a go!

NUTRITION

Calories: 369kcal | Carbohydrates: 24g | Protein: 7g | Fat: 30g | Saturated Fat: 4g | Cholesterol: 3mg | Sodium: 35mg | Potassium: 1382mg | Fiber: 15g | Sugar: 5g | Vitamin A: 705IU | Vitamin C: 30.7mg | Calcium: 66mg | Iron: 1.8mg

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DRAGON ROLL

Time to Prepare: 20

Cook Time: 20

Total Time: 40

Serving: 4 rolls

minutes

minutes

minutes

EQUIPMENT

- Bamboo rolling mat inside a gallon bag
- cutting board and a sharp knife
- Small mixing bowl
- Small pot and stovetop

INGREDIENTS

- 2 Cups of Cooked Sushi Rice
- 1/4 Cup of Seasoned Rice Vinegar
- 4 Half Sheets Nori
- 4 Sticks Imitation Crab Sliced into 1/2-inch pieces to make 8 total sticks
- 16 Pieces Tempura Shrimp Frozen
- 1 Small Cucumber Sliced into matchsticks
- 1 Avocado Sliced thin
- 12 oz Unagi (grilled eel) (optional)
- 1 tsp Sesame Seeds (optional)

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- 2 tbs Mayonnaise
- 2 tsp Sriracha Hot Sauce
- 1/4 tsp sesame oil
- 1/2 Cup of Soy Sauce
- 1/2 Cup of White Sugar
- 1/2 Cup of Mirin (Japanese sweet wine)

INSTRUCTIONS

1. Mix together the cooked sushi rice and the seasoned rice vinegar.
2. In a plastic gallon bag, place your rolling bamboo mat.
3. To start, heat the oven to 400°F (200°C). Then, cook the frozen tempura shrimp until they're golden and crisp (about 6 minutes per side).
4. Make the spicy mayo sauce and Unagi (eel) sauce while the shrimp are frying.
5. To prepare the spicy mayo sauce, combine the mayonnaise, sriracha, and sesame oil in a small mixing bowl and smooth it out with a fork.
6. To prepare the Unagi eel sauce, mix the soy sauce, white sugar, and mirin in a small pot and simmer, constantly stirring, until the liquid has been reduced to 3/4 to 1 cup. If you can't find mirin, unagi sauce may be bought for a reasonable price in most grocery shops.

7. Remove the tails from 8 of the shrimp once they have been cooked, but leave the tails on the other 8.
8. Place one-half sheet of nori, rough side up, on the rolling mat (remember, we tore the big sheet in half hamburger style).
9. After the rice has cooled, cover the rough side of the nori with a handful of rice, leaving a 1-inch gap at the top. Sprinkle sesame seeds over the rice if used. Grab the top of the nori and flip it over so that the rice is against the rolling bamboo mat and the 1-inch space is on the bottom.
10. Starting with the imitation crab, align the "guts" of the sushi roll in a horizontal line 1/3 of the way up from the bottom. Across the nori, the horizontal row of imitation crab should be about half an inch to an inch thick.
11. Add two tempura shrimp with the tails off in the center above the imitation crab and two additional tempura shrimp with the tails on the outside of the rolls with the tails hanging off the edge of the sheet.
12. Place cucumber on top of the tempura shrimp and fake crab.
13. Squeeze down on the roll to make it nice and tight and allow it to keep its form. Grab both the sushi mat and the nori and roll the mat over from the bottom until the space we left at the bottom contacts the opposite side.
14. Place the thin slices of unagi meat on top of the roll if using.
15. Roll up the thin avocado slices and place them on top of the roll.



16. After the avocado has been placed on the roll, it's time to add the spicy mayo sauce and Unagi eel sauce! There are two options for accomplishing this: 1) Spread it with a fork across the top of the roll for an easy method.

2) The "Instagram-worthy" method is to put the spicy mayo sauce in a bit of bag, snip the corner off, and then press the sauce out of the bag while zig-zagging up and down the roll.

17. Get a knife and a moist paper towel and place the roll on a cutting board. Cut the roll into 8

pieces of similar size (easiest if you start by cutting the roll in half). Dampen the knife with the paper towel before each

cut, or the roll will fall apart when slicing through it.

18. Serve with soy sauce and photos for your pals, and have fun!

DYNAMITE SUSHI ROLL

Time to Prepare: 05

Cook Time: 20

Total Time: 25

Serving: 4 rolls

minutes

minutes

minutes

EQUIPMENT

- Rice Cooker
- Grilling Pan
- Rolling Mat
- Basting Brush

72

INGREDIENTS

- 2 cups of Short Grain Rice
- 2 Avocados

- 7.05 oz (200 g) Shrimp
- 1 Cucumber
- 1 tbsp Japanese Mayonnaise
- 1 Nori Seaweed Sushi Sheet
- 1 tsp Salt
- 1 tbsp Worcestershire Sauce
- 1 tbsp Soy Sauce
- 1 Tbsp Chili Garlic Sauce
- 1 tsp Olive Oil

INSTRUCTIONS

1. Wash and cook the rice first. Short-grain rice is ideal for sushi preparation.
2. Wash the shrimp and oil the grilling pan with olive oil. Grease the grill with maple soy sauce and place the shrimp on it.
3. To make the sauce, mix Worcestershire sauce, soy sauce, and 2 tablespoons chile garlic sauce.
4. Begin building your sushi roll once the shrimp have been grilled and the rice has been cooked. On a seaweed sheet, spread a layer of rice. Using a spoon, spread a tablespoon of Japanese mayonnaise on the bread. Place the avocado and cucumber slices on top. Add a couple of shrimp pieces on top of it. Serve with spring onions as a garnish.

5. With the use of a rolling mat, gently roll the seaweed sheet. Enjoy your sushi delight by slicing the sushi roll into tiny pieces.

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SEAFOOD ROLLS

Time to Prepare: 20

Cook Time: 10

Total Time: 30

Serving: 8 rolls

minutes

minutes

minutes

INGREDIENTS

Filling

- 2.2 lb prawns (fresh or frozen and thawed)
- 1.65 lb scallops (fresh or frozen and thawed)
- 1 tbsp sugar
- 1 tsp salt
- 1 tbsp chicken powder (or as needed)
- 1 1/2 tbsp potato starch
- 1 1/2 tsp oil

Wrapping

- 1.10 lb caul fat
- egg whites optional
- potato starch

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INSTRUCTIONS

2. Caul fat, scallops, and prawns should all be washed. Using a paper towel, blot the strainings.

3. Along the length of the prawns, divide the prawns into quarters or fifths.

4. Half or a quarter of the scallops (depending on their size).

5. Sugar, salt, poultry powder, potato starch, and oil are combined in a dish with the prawns and scallops. Allow marinating for at least an hour.

6. Place a chopping board closer to your seat on top of a flat area covered in happy wrap.

7. On the chopping board, spread 1 layer of caul fat (Allow it to lie flat on the glad wrap if its surface is bigger than the chopping board).

8. 2 tbsp marinated seafood filling, scooped atop caul fat in the shape of a seafood roll 9. Cut the caul fat into a rectangle that fits around your seafood using a sharp knife or pair of scissors. Around every side of the filling, there should be 4cm (1 1/2 inch) of caul fat.

10. As though you were making an egg roll, wrap the sliced caul fat around the seafood filling (When you lift the bottom up, just cover the filling, fold the left and right sides in to seal the sides, and roll the covered filling tightly in an upward direction until it forms a roll).

Remove the item from circulation.

11. Coat gently with potato starch once all of the seafood stuffing is wrapped. Excess starch should be shaken off.

12. Fill a wok with oil. Over medium-high heat, cook the seafood rolls in batches for 3-4

minutes, or until golden brown. Using paper towels, absorb any excess moisture.

13. (Optional) Before frying, coat every seafood wrap individually with egg white.

14. With mayonnaise, serve seafood rolls.



SIMPLE BONITO SPRING ROLLS

Time to Prepare: 15

Cook Time: 0

Total Time: 15

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 6 spring roll skins(Vietnamese rolls are easiest to fold)
- 80-100 g (3 oz) bonito fillet
- 3 leaves of red-leaf lettuce
- 1/2 pack bean sprouts
- 6 leaves green perilla

Dipping Sauce

- a dash of garlic(grated)
- 1 tsp tobanjan(Chinese bean paste)
- 1 tbsp Kikkoman Soy Sauce
- 1 tsp sugar



INSTRUCTIONS

1. Tear every piece of red-leaf lettuce into four parts.
2. Bonito should be cut into 1.5 cm (1/2 inch) squares.
3. In a pot of gently salted water, bring the bean sprouts to a boil. Remove the stems and set them in a strainer.
4. To the same water, add 1 tbsp vinegar, then (2) and bring to a boil. Remove the stems and set them in a strainer.
5. Place 2 red-leaf lettuce leaves on top of a skin that has been dipped in water and flattened on a clean cutting board. Place the green perilla, (3), and (4) on top in the following sequence. Fold both sides in half and wrap up. Repeat for a total of six rolls.

6. Make the dipping sauce and serve it beside the rolls. Toss with cilantro and salt and pepper to taste.

THAI FRESH SPRING ROLLS

Time to Prepare: 40

Cook Time: 02

Total Time: 42

Serving: 6 People

minutes

minutes

minutes

77

INGREDIENTS

- 12 small, round rice wrappers, dried

For the Filling:

- 2 tbsp soy sauce (gluten-free) or wheat-free soy sauce
- 1 tbsp rice vinegar
- 1 tbsp fish sauce, or another tbsp soy sauce, if vegetarian
- 1 tsp brown sugar
- 1 to 1 1/2 cups of thin vermicelli rice noodles, cooked, rinsed in cold water, and drained
- 3/4 to 1 cup of cooked shrimp

- 1 to 2 cups of bean sprouts
- 1/2 cup of fresh Thai basil, roughly chopped
- 1/2 cup of fresh coriander, roughly chopped
- 1/4 cup of shredded carrot
- 3 to 4 spring onions, cut into matchstick pieces **For the Optional Tamarind Dipping Sauce:**
- 1/2 cup of Water
- 1/2 tsp tamarind paste
- 2 tsp sugar
- 1 tsp gluten-free soy sauce or wheat-free soy sauce
- 1 tbsp fish sauce (or vegetarian fish sauce)
- 1 heaping tsp arrowroot powder or cornstarch
- 3 tbsp water
- 1 clove of garlic, minced
- Dried chile flakes, optional

INSTRUCTIONS

1. Gather all the necessary ingredients.
2. Set aside the rice wrappers. Mix the soy sauce, vinegar, fish sauce (if used), and brown sugar in a cup.
3. In a large mixing bowl, drizzle the soy sauce mixture over the rice noodles, shrimp, bean sprouts, Thai basil, coriander, carrots, and spring onions. Toss to combine.

4. After that, make the rolls.

Form the Rolls:

1. Fill a big mixing bowl halfway with hot water (not boiling, because you'll be dipping your fingers in it). Begin by immersing one wrapper in the water. After 30 seconds, it should soften.

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2. Place the wrapper on a clean surface after peeling it. As you fill and roll the first wrapper, add another to the hot water.

3. Fill the bottom of the wrapper with a heaping tbsp of roll ingredients. Horizontally distribute the components (in the shape of a fresh roll).

4. Fold the wrapper's edges over the ingredients, then bring the bottom up.

5. Tuck the bottom of the wrapper around the ingredients and roll to the top.

6. To fix the roll, wet your fingertips with a bit of water and push it down (like sealing an envelope).

7. Place the platter or bowl of rolls, as well as the dipping sauce, on the table to serve.

8. Keep plenty of napkins on hand if you're eating with your fingers.

Make the Optional Tamarind Dipping Sauce:

9. Gather all the necessary ingredients.

10. Mix water, tamarind paste, sugar, soy sauce, fish sauce, arrowroot powder dissolved in 3

tbsp water, 1 garlic clove chopped, and dried chile flakes, if desired, in a saucepan over medium heat.

11. Reduce to a low heat and whisk continuously until the sauce thickens.

12. Taste for saltiness, spiciness, and sweetness, then adjust as needed with extra fish sauce (instead of salt), sugar, or chili flakes.

13. Warm or cold, the sauce can be served.

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CRAB SALAD ROLLS

Time to Prepare: 10

Cook Time: 05

Total Time: 15

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 2 1/2 tbsp good quality mayonnaise
- 1 tbsp lemon juice
- 1/2 tbsp lemon zest
- 1 tsp dijon mustard
- 1 tbsp chopped fresh chives
- 1/2 tsp kosher salt
- 1/4 tsp fresh ground pepper
- 1 lb. of cleaned jumbo lump crab meat, shells cleaned
- 4 new England style hot dog rolls
- 1 tbsp butter
- Smoked paprika, optional

EQUIPMENT

- skillet

80



INSTRUCTIONS

1. Mix the mayonnaise, lemon juice, zest, dijon, chives, salt, and pepper in a medium mixing bowl.
2. Fold in the crabmeat until it is evenly covered, being careful not to split it up too much.
3. Refrigerate for 15 minutes after covering.
4. In a pan over medium heat over high heat, melt the butter.
5. In a skillet, toast the outsides of the rolls until brown. Toast the other side as well. Carry on with the remaining rolls in

the same manner.

6. 1/4 of the lobster salad should be stuffed through every bun.

7. If preferred, top with smoked paprika and chopped fresh chives.

8. Serve right away.

NOTES

1. The crab salad can be prepared up to two days ahead of time. When you're ready to make your sandwiches, store them in an airtight container in the refrigerator.

SHRIMP ROLL WITH SWEET CHILI SAUCE

Time to Prepare: 10

Cook Time: 06

Total Time: 16

Serving: 6 People

minutes

minutes

minutes

81



INGREDIENTS

- 30 pieces lumpia wrapper, cut into 5-inch squares
- 30 cilantro (wansoy), (leaves), picked
- 30 fresh basil leaves, piced
- 30 pieces of prawns (sugpo), peeled and deveined but with tail left on
- Thai sweet chili sauce, for dripping

INSTRUCTIONS

1. Place the lumpia squares on the counter in a flat position. Everyone should be lined with cilantro and basil leaves and topped with prawns. Wrap the prawns firmly into rolls, leaving the tails sticking out.

2. Deep-fry until crispy and tails have turned pink, about 2 minutes in a hot fryer. To avoid rubbery prawns, don't overcook them.

3. Serve with a sweet chili sauce on the side.

FRIED SHRIMP ROLL

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 25 pieces

minutes

minutes

minutes

82

INGREDIENTS

- 25 pieces Jumbo Shrimp shell remove except the tail
- 1 1/2 tsp Garlic Salt
- 1/2 tsp Five Chinese Spice
- 1/4 tsp Paprika
- 13 pieces Spring Rolls Pastry or Menlo Spring Roll Wrappers
- 2 cups canola oil for frying

INGREDIENTS

1. In a large mixing bowl, mix the Jumbo Shrimps and the following three ingredients. Toss the shrimp with the seasonings until they are well covered. Pre-freeze at least two hours, or overnight.
2. When you're ready, cut the wrappers into triangle shapes and proceed as shown in the photo. With the seal mix, seal the pastry.
3. Freeze the shrimp by lining them on a baking sheet.
4. Place the frozen shrimp inside the Ziploc bag until ready to cook.

Seal Mix:

5. Mix 1 teaspoon of corn starch with 2 teaspoons of water. You can use water, but it doesn't seal very well.

To Cook Shrimps:

6. 2 cups Canola Oil Deep fried and deep fry unthawed shrimp. Fry till golden brown.



BROWN BUTTER SCALLOP ROLLS

Time to Prepare: 25

Cook Time: 15

Total Time: 40

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1 lb sea scallops (about 16), "foot" muscles removed
- Kosher salt and freshly ground pepper
- 2 tbsp extra-virgin olive oil
- 6 sprigs thyme, leaves stripped

- 1 tbsp chopped fresh parsley
- 3 tbsp unsalted butter, at room temperature, + more for the rolls
- 4 potato hot dog rolls
- 8 leaves of Boston or Bibb lettuce
- Juice of 1/2 lemon, + wedges for serving
- 1 tbsp chopped fresh chervil or tarragon
- 1 tbsp chopped fresh chives

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INGREDIENTS

1. Transfer the scallops to a medium mixing bowl and season with 1/2 teaspoon salt and a few grinds of pepper. Toss in the olive oil, thyme, and parsley to coat; cover and refrigerate until ready to cook.

2. Butter the insides of the rolls generously. Butter should be melted over a heat setting of medium in a big skillet. Toast the buns, greased side down, for about 3 minutes, or until golden. Place on a plate to cool before tucking 2 lettuce leaves into each.

3. Heat the scallops in a single layer in a skillet over medium-high heat. Cook, occasionally stirring, until browned on one side, approximately 3 minutes. Turn the scallops over and add the remaining 3 tbsp butter to the pan, swirling to coat. Tilt the pan slightly and spread the butter over the scallops for 3 minutes, or until they are cooked through and the butter begins to brown and smell nutty. Toss with the lemon juice.

4. Divide the scallops among the buns and top with the browned butter. Serve with lemon wedges and a sprinkle of minced herbs.

SPICY SALMON ROLL

Time to Prepare: 15

Cook Time: 15

Total Time: 30

Serving: 1 roll

minutes

minutes

minutes

85

INGREDIENTS

Blackening spice

- 1 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1/4 tsp paprika

Salmon bowls

- 12 ounces salmon, deboned, cubed, and seasoned
- 2 tbsp olive oil
- 1/4 cup of white rice uncooked, makes 1 cup of cooked
- 1/4 cup of cucumber, sliced thin
- 1/2 avocado, sliced thin
- 1/4 cup of green onions, chopped small
- 1 tbsp jalapeno, sliced thin
- 2 tbsp cilantro, remove stems, and chop

- 2 tsp furikake, split between the bowls -option to use sesame seeds
- 1 large lime, quartered

Spicy sauce

- 1/4 cup of mayonnaise
- 1 tbsp sriracha
- 1 tbsp soy sauce, low sodium
- 2 tsp maple syrup

EQUIPMENT

- large skillet
- 2 small mixing bowls

INSTRUCTIONS

1. In a small bowl, mix the blackening spice. Set aside.
2. Remove the skin of the salmon and pin the bones.
3. Salmon should be cut into bite-sized pieces.
4. Toss the salmon with the blackening spice until fully covered and pat dry with a paper towel.
5. Two tablespoons of olive oil should be heated in a pan over medium heat.

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6. When the pan is heated, add the seasoned fish cubes.

7. Cook for 3-4 minutes, constantly stirring to avoid scorching.
8. Set the salmon aside once it's cooked to your taste.
9. Follow the directions on the package to cook the rice.
10. Mix the mayonnaise, sriracha, soy sauce, and maple syrup in a small mixing bowl. Whisk until there are no lumps in the mixture.
11. Then, chop any remaining veggies and herbs.

Assemble the dish:

12. Take two bowls.
13. Fill the bottoms of your bowls with cooked rice.
14. Add sliced avocado, chopped green onion, sliced jalapeño, sliced cucumber, seared salmon cubes, cilantro, freshly squeezed lime, and furikake to taste.
15. Finish with a spicy sauce and serve.

NUTRITION

serving: 1serving, calories: 650kcal, carbohydrates: 36g, protein: 39g, fat: 40g, saturated fat: 6g, polyunsaturated fat: 18g, monounsaturated fat: 13g, trans fat: 1g, cholesterol: 105mg, sodium: 1234mg, potassium: 1304mg, fiber: 6g, sugar: 7g, vitamin a: 576IU, vitamin c: 33mg, calcium: 93mg, iron: 3mg



Easy Avocado Egg Rolls

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 12 egg rolls

minutes

minutes

minutes

INGREDIENTS

- 3 avocados halved, peeled, and seeded

- 1/2 cup of tomatoes diced
- 1/3 cup of diced onion
- 2 tbsp chopped fresh cilantro leaves
- salt and black pepper as needed
- Juice of 1 lime
- 12 egg roll wrappers
- 1 cup of vegetable oil for frying

For the cilantro dipping sauce:

- 1/2 cup of fresh cilantro leaves loosely packed
- 1/4 cup of sour cream
- 1 tbsp mayonnaise
- 1 jalapeno seeded and deveined
- Juice of 1 lime
- 1 clove garlic

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- Salt & freshly ground black pepper as needed

INSTRUCTIONS

1. To make the cilantro dipping sauce in a food processor, mix cilantro, sour cream, jalapeño, mayonnaise, garlic, and lime juice; season with salt and pepper to taste. Set aside.
2. The vegetable oil should be heated to medium-high heat
3. in a large skillet or Dutch oven.

4. In a medium bowl, mash avocados to use a fork. Mix the chopped onions, tomatoes, cilantro, lime juice, salt, and pepper to taste in a mixing bowl.

5. One by one, place the avocado mixture in the middle of each wrapper. Fold in the sides and bring the bottom edge of the wrapper securely over the filling. Continue rolling until the top of the wrapper has been rolled over. Rub the edges of the wrapper with your finger, pushing to seal. Repeat with the remaining wrappers until you're finished.

6. Working in batches, carefully drop the egg rolls in the oil and cook for 2-3 minutes, or until evenly golden brown and crispy. Transfer to a paper towel-lined plate.

7. Serve right away with dipping sauce.

8. Enjoy!

NUTRITION

Serving: 1 egg roll | Calories: 141kcal | Carbohydrates: 12g | Protein: 2g | Fat: 10g | Saturated Fat: 3g | Cholesterol: 1mg | Sodium: 78mg | Potassium: 276mg | Fiber: 4g | Sugar: 1g | Vitamin A: 125IU | Vitamin C: 6mg | Calcium: 13mg | Iron: 1mg 89



AVOCADO, MANGO & KING CRAB ROLLS

Time to Prepare: 15

Cook Time: 15

Total Time: 30

Serving: 8 People

minutes

minutes

minutes

INGREDIENTS

- 12 ounces Cooked King Crab Meat - roughly chopped*

- 1 large Mango - peeled, pitted and small dice
- 1 Avocado - peeled, pitted and small dice
- 1 Jalapeno - seeded and finely diced
- 1 Shallot - finely diced
- 2 TBS Chives - thinly sliced
- 1/4 Cup of Mayonnaise *
- 1 TBS Cilantro - minced
- 1/2 Lime Juiced
- Kosher Salt and Ground Black Pepper
- 8 Hot Dog Buns - toasted*

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INSTRUCTIONS

1. In a large mixing bowl, mix mayonnaise, cilantro, lime juice, 1/4 teaspoon salt, and 1/8

teaspoon pepper.

2. Mix the mango, avocado, jalapeño, and shallot in a mixing bowl. Gently mix everything.

3. Stir in the crab meat and chives once more. Taste and season with salt and pepper to taste.

4. Fill hot dog buns with lobster salad. Serve immediately and enjoy.

NOTES

1. *Snow crab or lump crabmeat can be used in place of king crab. Mayonnaise can be replaced with Greek yogurt. Hot dog buns are optional; alternatively, serve the lobster salad as lettuce wraps on bibb lettuce. * How to Reheat Crab Legs:1) Bring 1-2" of water to a boil in a big pot with a steamer basket insert. 2) Cover with crab legs. Steam for 4-5 minutes, or until crab aroma emerges. 3) Remove the crab legs and set them aside to cool.

Cut shells and remove meat with kitchen shears.

NUTRITION

Calories: 245kcal | Carbohydrates: 24g | Protein: 12g | Fat: 10g | Saturated Fat: 1g | Cholesterol: 44mg | Sodium: 427mg | Potassium: 296mg | Fiber: 2g | Sugar: 3g | Vitamin A: 90IU | Vitamin C: 8.4mg | Calcium: 117mg | Iron: 1.9mg



TERIYAKI SALMON HAND ROLLS

Time to Prepare: 20

Cook Time: 20

Total Time: 40

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1 lb Salmon

- 1 cup of Broccoli florets
- Seaweed Nori Sheets 8" x 7" for Sushi
- 2 cups of white rice
- 1/2 cup of Soy Sauce
- 5 tsp Brown Sugar may substitute for regular sugar
- 1 TB Honey
- 1 TB Corn Starch
- 1/4 tsp Garlic Powder
- 1/2 tsp Ground Ginger powder
- 1 1/3 cup of water may sub pineapple juice for extra sweetness in the sauce 92

INSTRUCTIONS

For the Teriyaki Sauce:

1. 1/4 cup soy sauce, 5 tablespoons brown sugar, 1 tablespoon honey, 1/4 teaspoon ginger, 1/2 teaspoon garlic, and 1 cup water in a small saucepan over medium heat (or pineapple juice). While the sauce is boiling, mix the corn starch and 1/3 cup water in a small bowl until the corn starch is completely dissolved.
2. Add to the sauce in the pan and continue to heat until the sauce thickens. Put the pan down and take it off the heat.

For the Salmon:

3. To make cooking easier, cut the salmon into filets. In a small bowl, mix 1/4 cup soy sauce.

Soy sauce should be dipped into each salmon filet and turned to coat.

4. Take the methods outlined in our post [How to Cook Perfect Salmon](#). This procedure is as foolproof as they come!

5. Cooked salmon should be cut into 1/2 inch broad slices.

For the Broccoli:

6. Steam the broccoli for 2-3 minutes, or until it is al dente. Thinly slice the florets and stems (no more than 1/4 inch wide).

For the Rice:

7. 2 cups cooked rice, following the directions on the package. We use a rice cooker that sits on the counter to make rice. When the rice is done, you may either serve it plain or with a dash of traditional sushi rice taste (1 TB rice vinegar, 1 tsp sugar, 1 tsp salt).

How to Assemble the Teriyaki Salmon Hand Rolls: 8.

Nori sheets should be cut half lengthwise and 1" from either end. Place one nori sheet on your work surface, smooth side down. To avoid rice from sticking to your hands, dip your fingers in a small water bowl. Gather a handful of sushi rice and spread it over one side of the nori sheet, about 1/3 inch thick, leaving a slight margin of seaweed around the border with no rice.

9. On top of the rice, place one strip of salmon and a couple of strips of broccoli in a diagonal pattern, pointing to the top right corner of the sheet. Roll the nori diagonally from the

bottom right corner to the top of the sheet, twisting slightly as you go to produce a cone shape. Trim extra nori with kitchen shears until you've made it all the way around to form a cone. Dip your fingers in your bowl of water and run them along the cut edge of the nori until it's thoroughly moist. To seal the cone, press down on it.

10. Place your hand roll on a plate with the sealed side down. Drizzle with teriyaki sauce and serve with additional sauce for dipping on the side.

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NUTRITION

Calories: 563kcal | Carbohydrates: 87g | Protein: 32g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 62mg | Sodium: 1687mg

| Potassium: 795mg | Fiber: 2g | Sugar: 9g | Vitamin A: 185IU
| Vitamin C: 20.3mg | Calcium: 59mg | Iron: 2.5mg

EGG ROLLS

Time to Prepare: 25

Cook Time: 5

Total Time: 30

Serving: 12 People

minutes

minutes

minutes

INGREDIENTS

- 2 tbsp vegetable oil
- 1/2 tsp minced garlic
- 1/2 tsp minced ginger
- 1/2 cup of finely chopped celery
- 2 cups of coleslaw mix
- 1/2 pound ground chicken
- 3 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil

- 1 tbsp sriracha
- 1/2 cup of chopped green onions

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- 12 egg roll wrappers
- oil for frying

INSTRUCTIONS

1. In a pan, heat the oil and stir fry the garlic, ginger, and celery until aromatic. Cook until the cabbage has wilted, then stir in the coleslaw dressing.
2. Mix the ground chicken, oyster sauce, soy sauce, sesame oil, and sriracha in a large mixing bowl. For 3-4 minutes, stir-fried the chicken while breaking it up. When the chicken is

done and there is no more liquid in the pan, toss in the green onions and remove from the heat.

3. Place the egg roll wrapper with one corner facing you to wrap the egg rolls. Wrap a tbsp of filling over the bottom half (towards you) and the filling. Turn the wrapper over on both sides and roll it away from you (like a burrito) until you reach the end. Use water or a beaten egg to seal the edges. Rep until all of the wraps are complete.

4. In a 2-inch-deep pan, heat the oil until it reaches 350°C. Fry 4-5 egg rolls at a time till golden brown and crisp. Serve with a sweet chili dipping sauce on the side.

ZUCCHINI ROLL

Time to Prepare: 45

Cook Time: 45

Total Time: 1 hour 30

Serving: 6 People

minutes

minutes

minutes

95

INGREDIENTS

- 3 large zucchini, trimmed (about 4 pounds), sliced lengthwise into 24 1/8-inch-thick strips
- Kosher salt and freshly ground black pepper

- 1 tbsp olive oil
- 3/4 pound ground Italian sausage, casing removed
- 1 cup of part-skim ricotta cheese
- 1/3 cup of freshly grated Parmesan
- 1 large egg
- 1/4 cup of chopped fresh basil leaves
- 2 cloves garlic, minced
- 1 1/2 cups of marinara sauce, divided
- 2 cups of shredded mozzarella, divided

INSTRUCTIONS

1. With paper towels, line a baking sheet. Place the zucchini slices in a single layer on the prepared baking sheet. Season with 1/4 teaspoon salt on all sides and set aside for 15

minutes.

2. Olive oil should be heated over medium heat in a large skillet. Cook until the Italian sausage is browned, approximately 3-5 minutes, crumbling the sausage as it cooks; drain any extra grease.

3. Mix sausage, ricotta, Parmesan, egg, basil, and garlic in a medium mixing bowl; season with salt and pepper as needed.

4. Preheat the oven to 400 degrees Fahrenheit.

5. Set out 1 cup marinara sauce in the bottom of a 10-inch oven-safe pan.

6. 1 tbsp ricotta mixture, evenly spread on each zucchini slice; 1 tbsp mozzarella cheese, sprinkled on top. Roll up the zucchini slices and lay them in the skillet; repeat the remaining zucchini pieces and filling. Add the remaining 1/2 cup marinara sauce and 1 cup mozzarella cheese on top.

7. Bake the lasagna rolls for 25 to 30 minutes, or until they are fully cooked and the cheese has started to turn brown.

8. Serve immediately.

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ASPARAGUS ROLL

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 5 People

minutes

minutes

minutes

INGREDIENTS

- 1 sheet puff pastry
- flour for dusting
- 10 pieces of asparagus ends trimmed (more if desired)
- 5 oz cream cheese
- 1 egg beaten
- Parmesan Cheese

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Roll out the puff pastry sheet and generously spread cream cheese on top.
3. Cut the puff pastry into 10-inch strips.
4. Wrap one strip around an asparagus spear (or a bundle of asparagus if you want it to be more filling).

5. Brush with beaten egg and shaved parmesan cheese on top.

6. Set the timer for 12 to 16 minutes, and then take it out of the oven.

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RAINBOW VEGGIE SUSHI ROLLS

Time to Prepare: 30

Cook Time: 25

Total Time: 55

Serving: 6 People

minutes

minutes

minutes

INGREDIENTS

Sushi Rice

- 2 cups of white short-grain rice
- 3 cups of Water
- 1/3 cup of rice vinegar
- 1/8 cup of cane sugar
- 1 tbsp avocado oil
- pinch of salt

Rainbow Rolls

- 1 cup of shredded purple cabbage
- 2 carrots, julienned or sliced very thin
- 2 small cucumbers, julienned or sliced very thinly
- 2 avocados, thinly sliced
- 6-7 nori sheets
- soy sauce for serving
- pickled sushi ginger for servings

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Sriracha Mayo

- 2 tbsp avocado mayo, or mayo of choice
- 1/2 tbsp sriracha, or more if you like it spicy
- 1/2 lime, juice of
- splash of soy sauce

INSTRUCTIONS

Sushi Rice:

1. In a saucepan, mix rice and water together. It's important that the water comes to a boil.

Then, turn down the heat, cover it, and let it simmer for 20 minutes until the rice is done with the water. Instant Pots can also be used to cook rice, which is my preferred method.

2. A small saucepan is the best place to put rice vinegar, avocado oil, cane sugar, and salt. Mix well. In a medium-low oven, cook the sugar until it melts. Pour the mixture into the rice that's already been cooked and stir it in well. In a bowl, mix together the rice and the mix until all of it is mixed in. Let it cool down.

Rainbow Veggie Sushi Rolls:

3. Place the nori sheet with the rough side down on a clean cutting board. Spread the rice out evenly on the sheet, leaving about 1/2-inch of space at the top for the rice.

4. Arrange the avocado slices across the middle of the rice with cabbage, cucumbers, and carrot slices beside each other.

5. Lift up the end of the nori sheet, not the half-inch empty side. Roll the nori sheet over the veggies and roll it again. A

little water will help seal the end of the nori sheet. Repeat with all of the nori sheets.

6. Using a sharp knife, cut the rolls into 6-8 pieces. It's best to serve it cut side down with soy sauce or sriracha mayo. Enjoy!

Sriracha Mayo:

7. A bowl is an excellent place to mix everything. When making a spicy sauce, you can add more sriracha sauce.

99



VEGETABLE QUINOA SPRING ROLLS

Time to Prepare: 15

Cook Time: 25

Total Time: 40

Serving: 10 People

minutes

minutes

minutes

INGREDIENTS

- 8 - 10 rice paper wraps
- 1 cup of cooked quinoa in any variety
- 2 carrots shredded
- 2 cups of kale lightly sautéed
- 1 tbsp gluten-free soy sauce
- 1 tsp fish sauce
- 1/2 tsp ground ginger
- Freshly ground pepper
- Oil for coating the rolls
- Soy sauce & wasabi optional for dipping

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Mix the quinoa, carrots, kale, soy sauce, fish sauce, and seasonings in a large mixing bowl.

Set aside.

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3. Place a rice paper in warm water and then assemble one spring roll at a time. Allow it to soften somewhat before transferring it to a flat surface. Fill one side of the rice paper with roughly 2 - 3 tbsp of filling. Roll it up like a tortilla by folding it on the sides. Place it on a prepared baking sheet and bake until there is no more stuffing.

4. Once all the spring rolls are formed, spray them with olive oil spray and bake them for 20

to 25 minutes, turning them halfway through.

5. If preferred, serve with a soy sauce-wasabi dipping sauce (basic soy sauce and wasabi paste mixed).

NUTRITION

Calories: 91kcal | Carbohydrates: 15g | Protein: 3g | Fat: 2g |
Cholesterol: 1mg | Sodium: 202mg |

Potassium: 149mg | Fiber: 1g | Vitamin A: 3375IU | Vitamin C:
16.8mg | Calcium: 34mg | Iron: 1.1mg

SWEET POTATO TEMPURA ROLL

Time to Prepare: 10

Cook Time: 30

Total Time: 40

Serving: 2 People

minutes

minutes

minutes

101

INGREDIENTS

- 1/2 cup of black jasmine rice
- 1/2 cup of sushi rice
- 1 1/2 cup of Water
- 4 tbsp rice vinegar
- 3/4 tsp salt
- 1 tsp maple syrup

- 1 medium sweet potato, peeled and sliced
- 1/3 cup of breadcrumbs
- 1/4 cup of flour
- 1/2 tsp smoked paprika powder
- 1/2 tsp garlic powder
- pinch of salt
- 1/3 cup of almond milk
- 1 avocado (1/2 for filling - 1/2 for coating)
- 1 small cucumber, julienned
- 1 small carrot, julienned

INSTRUCTIONS

1. Follow the instructions on the package to cook the sushi rice, then set it aside to cool.

2. Using a sharp knife, slice the sweet potato into strips. Preheat the oven to 350 degrees Fahrenheit and prepare a baking sheet with parchment paper. Whisk together breadcrumbs, flour, spices, and salt in a mixing basin. Place the milk in a separate bowl.

Every strip should be dipped in milk, then breadcrumb mixture, then milk, and finally breadcrumb mixture before being placed on the baking sheet. Bake for 30 minutes at 350°F, or until crispy on the exterior and soft on the inside.

3. Make the filling by chopping the vegetables. Cut the carrot and cucumber into slices and thinly slice the avocado.

4. Half a nori sheet should be placed on a bamboo mat. Place 1/2 cup sushi rice on top and push down lightly (wet your hands for easier handling). Turn the nori sheet carefully so that the empty side is facing up. Fill the sushi roll with the filling components (carrot, cucumber, sweet potato, cream cheese) and roll it up using the bamboo mat.

5. Take the avocado slices from the avocado slices and place them on top of the sushi roll.

Cover the roll with a piece of plastic film. Gently press the avocado into form with the bamboo mat, remove the plastic wrap and cut it into slices.

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CHICKEN SAUSAGE ROLLS

Serving: 35 sausage

Time to Prepare: 20

Cook Time: 25

Total Time: 45

rolls

minutes

minutes

minutes

INGREDIENTS

For the filling

- 500 g chicken mince (ground chicken)
- 1/4 cup of grated red onion (about 1 small onion)
- 1/2 cup of finely grated carrot (about 3/4 medium carrot)
- 1 clove of garlic, minced
- 1/2 cup of panko breadcrumbs
- 2 tsp fresh thyme leaves
- 1/2 tsp mustard powder
- 1 tsp salt
- 1/2 tsp pepper

To assemble

- 1/3 cup of plain (all purp) flour
- 3 1/2 sheets pre-rolled puff pastry, thawed but chilled
- 1 egg yolk, beaten with a dash of Water
- 2 tsp sesame seeds (optional)

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EQUIPMENT

- mixing bowl and silicone spatula
- chopping board
- baking trays

INSTRUCTIONS

1. Preheat the oven to 200° Celsius (395° Fahrenheit) or 180° Fahrenheit (fan-forced). Using the baking paper, line 2-3 large baking pans.
2. Mix the chicken mince, onion, carrot, garlic, breadcrumbs, thyme leaves, mustard powder, salt, and pepper in a large mixing bowl. Mix thoroughly with a spatula, ensuring sure everything is properly distributed.
3. Roll approximately a third of a cup (90g / 3.2oz) of the sausage mixture in the flour. It should be roughly 2cm shorter than the breadth of your puff pastry when rolled into a sausage form.
4. Place the sausage about 2cm from the edge of the pastry. Brush a little water down the edges of the pastry near either end of the sausage and along the long side closest to you using your fingers. Fold the side nearest to you over the top

of the sausage and seal it on the other side by pushing it to the bottom layer of dough, squeezing it in tight so there is no air trapped within. The borders should be pressed down.

5. Trim the sausage roll away from the remainder of the dough, then firmly press the three linked sides together with a fork to seal them tightly. Cut the roll into 5 smaller pieces after trimming away a little extra pastry and neatening them up with a knife.

6. Place them at least 1 inch apart on the baking pans after piercing the tops with a sharp knife (this enables steam to escape). Brush the tops with the egg wash (egg yolk and water combination) and sprinkle with sesame seeds if used.

7. Bake for twenty-four to twenty-six minutes, or until the tops have puffed up and become golden.



GINGER CHICKEN EGG ROLLS

Time to Prepare: 20

Cook Time: 15

Total Time: 35

Serving: 12 People

minutes

minutes

minutes

INGREDIENTS

- 1 tbsp avocado oil

- 1 pound ground chicken
- 3 tsp minced fresh ginger
- 1 1/2 cup of diced mushrooms
- 1 cup of diced green onions
- 1 tbsp soy sauce
- 1 tsp fish sauce
- 1 tsp sesame oil
- 1/3 cup of chopped fresh cilantro
- salt and pepper as needed
- 20 egg roll wrappers
- 1/2 cup of oil for frying

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INSTRUCTIONS

1. Over medium-high heat, heat 1 tablespoon of avocado oil
2. in a large skillet or wok.
3. The chicken should be cooked until it starts to brown. Ginger, mushrooms, green onions, soy sauce, fish sauce, and sesame oil are added to the pan. Cook until the chicken is fully cooked and the mushrooms have softened. Remove the pan from the heat and add the cilantro. Season with salt and pepper as needed.
4. To make the egg rolls, arrange 1 tbsp of filling approximately an inch from the point closest to you on one

egg roll wrapper with one point facing you. Working away from you, fold the wrapper over the filling. After that, fold both sides in. Brush the edges with an egg-dipped pastry brush. Continue rolling until the seam is completely sealed. Rep with the rest of the filling and wrappers.

5. In a skillet, heat 1/2 inch of oil to 350 degrees. To prevent crowding the pan, fry egg rolls in batches until golden brown, approximately 3 minutes.

6. Sprinkle with salt and place on a paper towel-lined platter. Continue until all of the egg rolls have been cooked. Serve with dipping sauces such as sweet chili or chili garlic sauce.

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Gunkan Maki Sushi Recipes

SALMON ROE (IKURA) GUNKANMAKI

Time to Prepare:30

Cook Time: 12 hours

Serving: 6 People

Total Time: 13 hours

minutes

30 minutes

INGREDIENTS

- 4 ounces uncured salmon roe

Ikura (Soy Sauce-Cured)

- 1 cup of Water
- 1 tbsp soy sauce
- 1 tbsp salt
- 1 tbsp sugar

Salt-Cured

- 1 cup of Water
- 2 tbsp salt

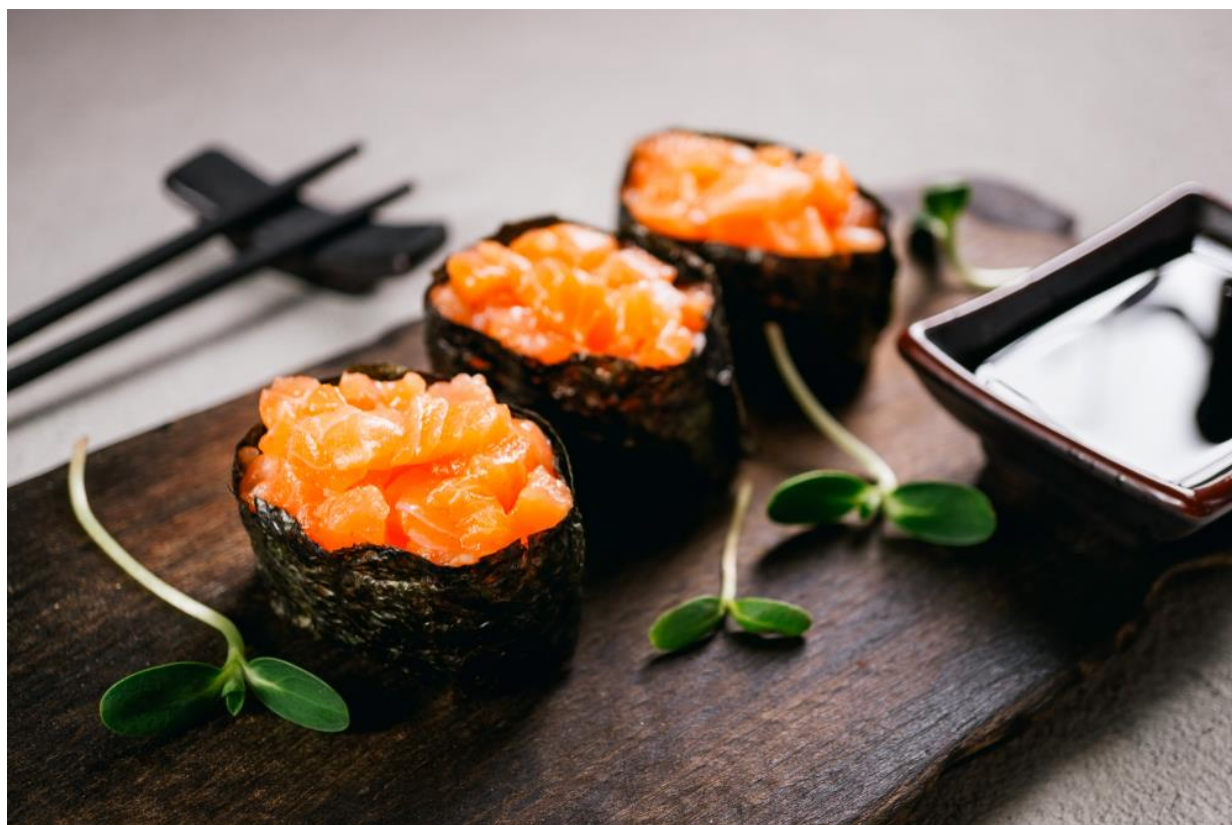
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INSTRUCTIONS

1. Remove the salmon roe that hasn't been cured of the egg sacks (also called the skein). This may be performed in a variety of ways, but each person has a favorite method. I prefer to soak the entire skein in lukewarm water in a large bowl.
2. While the whole skein is soaked in water, peel apart and off the membrane as much as possible. Now is the time to reveal the roe. Gently push the roe into a separate bowl of chilly water with your fingertips. This phase should be completed while standing at the sink, allowing you to drain and refill the water in both bowls as required (because it will get dirty).
3. To clean the salmon roe, take them all and place them in a dish. Rinse and drain them many times under moderate and cool running water.
4. The salmon roe should then be poured into a big sieve and rinsed many times further to ensure it is completely clean. Make sure all of the membrane fragments sticking to the roe are removed.
5. Set aside the roe from the salmon in a clean bowl or container.
6. In a bowl, mix the water, soy sauce, salt, and sugar to produce Ikura (Soy Sauce-Cured) style. Pour the mixture over the cleaned salmon roe in the bowl. Cover with a cover and marinate overnight in the refrigerator.
7. To produce the Salt-Cured style, whisk the water and salt in a mixing bowl. Pour the mixture over the cleaned salmon roe in the bowl. Cover with a cover and marinate for 30 minutes in the refrigerator.

8. Drain the liquid before serving. In a clean glass jar, store the salmon roe. The cured salmon roe is now ready to consume.

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GUNKAN MAKI WITH CORN

Time to Prepare:20

Cook Time: 1

Total Time: 1 hour 20

Serving: 12 pieces

minutes

hours

minutes

INGREDIENTS

- 6.35 oz uncooked sushi rice
- 50ml Japanese rice wine vinegar
- 1 tbsp sugar
- 2 sushi nori sheets, cut into 12 long strips, each approximately 3cm wide
- 1/2 tbsp wasabi
- 1 tbsp vegan mayonnaise
- 1 fresh corn cob (or 7 oz cooked sweetcorn)
- 1 tbsp teriyaki sauce
- chives, chopped, to serve
- 1 tbsp sriracha sauce (optional)



INSTRUCTIONS

1. Follow the directions on the package to cook the rice. Meanwhile, cook the vinegar, sugar, and 1/4 teaspoon salt in a small saucepan over medium heat until the sugar and salt dissolve, approximately 5 minutes; do not allow the mixture boil. Allow cooling before serving.
2. When the rice is finished, gently fold in the cooled vinegar mixture. Until the rice is lukewarm, fold it every 5 minutes.
3. Drain the corn after cooking it for 5 minutes in boiling water. Set the corn aside to cool after removing the kernels and discarding the cob. (You may omit this step if you're using cooked sweetcorn.)
4. Make an elongated egg form out of a bit of amount of rice. To make a cylinder, lay it flat and wrap a nori strip around it.

Add a dab of wasabi and mayonnaise on the top. Rep until all of the nori and rice are gone.

5. Brush the corn with teriyaki sauce and gently sear it with a brulée torch (alternatively, sear the corn for 30-60 seconds in a hot, dry frying pan.). Place the corn on top of the maki and top with chives and sriracha sauce, if desired.

VEGAN GUNKAN MAKI SUSHI

Time to Prepare:15

Cook Time: 15

Total Time: 30

Serving: 4 People

minutes

minutes

minutes

110

INGREDIENTS

- 3 cups of prepared sushi rice
- 2 tbsp seasoned rice vinegar
- 3 sheets of nori seaweed every cut into 6 equal strips, 1 inch by 6 inch
- wasabi paste prepared
- 3/4cup of pomegranate seeds

INSTRUCTIONS

1. Prepare the sushi rice in accordance with the directions provided on the package. Allow cooling to room temperature before adding the seasoned rice vinegar.
2. Nori seaweed sheets should be cut into 6 equal 1x6 inch strips. Set aside.
3. Wet your hands just a little. 1 tbsp prepared sushi rice, shaped into an oblong Wrap a piece of nori around the rice with the smooth side facing out. Crush a cooked rice grain and place it at the end of the strip, so it sticks.
4. With your finger, dab some wasabi paste over the top of the rice and flatten it so that it's approximately 1/4 below the top edge of the nori wrap.
5. Pomegranate seeds should be spooned onto the rice to keep it confined within the nori wrap.

NUTRITION

Calories: 155.7kcal | Carbohydrates: 33.4g | Protein: 3.3g | Fat: 0.6g | Saturated Fat: 0.1g | Sodium: 8.7mg | Potassium: 85.6mg | Fiber: 2.5g | Sugar: 4.3g | Vitamin A: 101.4IU | Vitamin C: 3.9mg |

Calcium: 5.7mg | Iron: 0.3mg



Temari Sushi Recipes

SMOKED SALMON TEMARI SUSHI WITH WASABI CREAM

Time to Prepare: 30

Cook Time: 30

Total Time: 60

Serving: 6 People

minutes

minutes

minutes

EQUIPMENT

- 24-30 squares of cling film (about 3"-4" square)
- A bowl of cold water

Ingredients

- 5.3 oz sushi rice
- 1 cup of Water
- 8.8 oz smoked salmon cut into 1.5" squares (roughly)
- salmon roe
- shiso perilla leaves or dill
- wasabi powder or wasabi paste
- 7 oz crème fraîche mixed with the wasabi powder or paste, as needed 112

Sushi-su

- 2 tbsp rice vinegar
- 1 tsp sugar
- generous pinch salt

INSTRUCTIONS

Rice:

1. Drain the rice after rinsing it in cold water until it runs clean.

2. In a saucepan, mix the rice, 250ml water, and bring to a boil over medium heat.

3. Cover and cook for 10 minutes with the heat reduced to low.

4. Take off the heat and set aside for another 15 minutes, covered.

5. Place the rice on a big, flat platter after 15 minutes. With a pair of wooden spoons, thoroughly mix the cooled sushi-su into the rice.

6. Leave the rice to cool fully before serving.

Sushi-su:

7. In a small saucepan, mix all of the ingredients and simmer on low for 2-3 minutes, or until the sugar has dissolved. Stir, take off the heat and cool thoroughly before using.

Assembly:

8. On the palm of your hand, place one of the cling film squares, followed by a salmon square.

9. Wet your hands and squeeze a little amount of sushi rice into a ball to insert in the middle of the salmon.

10. If necessary, wipe your hands, then join the corners of the cling film and twist to make a tight ball, as shown in the photo, and set aside.

11. Rep with the remaining salmon pieces.

To serve:

12. Place a dollop of wasabi cream on the serving plate or spoon of your preference.

13. Place a temari sushi over the wasabi cream and top with your favorite toppings, such as a leaf and salmon roe, in this example. You may also have only a sliver of spring onion.

NOTES

The total time does not include the time it takes for the rice to cool down.

NUTRITION

Calories: 209kcal | Carbohydrates: 22g | Protein: 10g | Fat: 9g | Saturated Fat: 4g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g |
Cholesterol: 27mg | Sodium: 364mg |

Potassium: 139mg | Fiber: 1g | Sugar: 2g | Vitamin A: 244IU |
Vitamin C: 1mg | Calcium: 46mg |

Iron: 1mg



CUCUMBER CUPS WITH DILL CREAM AND SMOKED SALMON

Time to Prepare:40

Cook Time: 0 minutes

Total Time: 40

Serving: 12 People

minutes

minutes

INGREDIENTS

- 1 1/3 large cucumbers

- 4 ounces cream cheese, softened
- 2 tbsp chopped fresh dill
- 1 tsp lemon zest
- 1/2 tsp fresh lemon juice
- 1/4 tsp ground black pepper
- 4 ounces smoked salmon, cut into 2-inch strips
- 24 small fresh dill sprigs

INSTRUCTIONS

1. Cut cucumbers crosswise into 24 (3/4-inch-thick) rounds after trimming off the ends.

Using a tiny melon-baller, make a 1/2-inch-deep dip on one side of each round, making miniature cups. For 15 minutes, drain cucumbers on paper towels, and cup of sides down.

2. In a mixing bowl, mix the cream cheese, dill, lemon zest, lemon juice, and black pepper. Fill every cucumber cup with 1/2 tsp cheese mixture. 1 salmon strip and 1 dill sprig go on top of every cup.



MARINATED TUNA (ZUKE-MAGURO) TEMARI

Time to Prepare: 15

Cook Time: 25

Total Time: 40

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1/4 cup of soy sauce

- 4 grams dashi kombu
- 1/4 cup of bonito flakes (measure without packing)
- 4 ounces fresh sushi-grade tuna
- 4 half sheets sushi nori
- 1 cup of prepared sushi rice

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- Wasabi, optional
- Pickled ginger, for serving, optional

INSTRUCTIONS

1. Bring about a half cup's amount of water to a boil in a small saucepan set over high heat.

Remove from the fire and toss in the soy sauce, dashi kombu, and bonito flakes. Allow cooling completely before straining and serving as a marinade.

2. Thinly slice the tuna into 1/8 to 1/4-inch-thick slices. In a small bowl, mix the tuna with the marinade and soak for 3 to 4 minutes. Depending on the desired amount of seasoning,



soak for longer or shorter periods. Begin assembling the handroll so that the tuna may travel from the marinade to the roll without stopping.

3. Place one of the longer sides of a half nori sheet on a cutting board, textured side up (smooth/shiny side down). Only the fingertips of your right hand should be slightly damp.

Gently press 1/4 cup sushi rice into the nori's left third, leaving the bottom left corner bare of rice. Make a C-shape with your left hand if you're right-handed. (If you're left-handed, the directions should be reversed.) Make sure the rice is facing up in your left hand and then rotate it to face you by placing the nori in that hand with the rice facing up.

4. If desired, smear a little quantity of wasabi onto the rice. 1 oz. Marinated tuna, 1 oz. Rice, 1

Pull the bottom left corner (the one without rice) up to meet the middle of the nori's long side and roll into a cone shape.

5. To make four handrolls, repeat with the remaining ingredients. If desired, garnish with pickled ginger.

Temaki Sushi Recipes

TRADITIONAL HAND-ROLLED SUSHI

Time to Prepare: 10

Cook Time: 0

Total Time: 10

Serving: 20 rolls

minutes

minutes

minutes

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INGREDIENTS

- 5 cups of sushi rice (cooked and seasoned)
- 10 sheets nori (dried laver seaweed) (we use a half sheet for every roll) **Temaki Filling Ideas:**
- sashimi-grade fish of your choice (1/4-1/3 lb per person; salmon, tuna, amberjack, yellowtail, fatty
- tuna, sea bream, salmon roe, uni, etc.)
- Japanese or Persian cucumbers
- shiso leaves (perilla/ooba)
- kaiware daikon radish sprouts
- takuan (pickled daikon radish)

INSTRUCTIONS

1. If your raw fish is in a block form, slice it into long sticks. Alternatively, you can have the raw fish sliced into Temaki Sushi by a fishmonger at a Japanese grocery store. Instead of sashimi-style cuts, the fish will be chopped into long sticks.
2. Just before you start eating, cut the nori in half (restaurant style) or quarters (home style; generates 40 taco-style rolls), and keep it in the bag as it turns stale very quickly. This will produce more rolls in the taco-style.

3. At the table, prepare the sushi rice, ingredients, and nori sheet (seaweed).

4. To keep nori dry and crispy, make sure your hands are dry before beginning. Place the seaweed on your palm (shiny side down) and a thin rice coating on the nori's left third.

Place the rice and contents in the middle of a 1/4 sheet of nori and roll up the edges like a taco.

5. Across the center of the rice, lace fillings (shiso leaf, cucumber, raw fish, and daikon radish sprouts) vertically.

6. Begin rolling nori into a cone form by folding the bottom left corner over.

7. Keep going until you get a cone shape. Close securely with a bit of rice in the bottom right corner to act as adhesive. Carry on with the second part of the nori.

8. As a condiment, served with pickled ginger, wasabi, and soy sauce.

NOTE

1. **To Store:** Fish graded as sashimi must be eaten within 24 hours. Keep leftovers in an airtight container in the refrigerator for up to one day.



NUTRITION

Calories: 109 kcal · Carbohydrates: 13 g · Protein: 6 g · Fat: 4 g · Saturated Fat: 1 g · Cholesterol: 11

mg · Sodium: 17 mg · Potassium: 274 mg · Fiber: 2 g · Sugar: 1 g · Vitamin A: 822 IU · Vitamin C: 4

mg · Calcium: 21 mg · Iron: 1 mg

TEMAKI SUSHI LOW CARB

Time to Prepare: 20

Cook Time: 20

Total Time: 40

Serving: 8 People

minutes

minutes

minutes

INGREDIENTS

- 10 oz. canned tuna
- 2 bulbs scallions, finely chopped
- 1/4 - 1/2 tsp garlic powder
- 3-4 tbsp roasted creamy sesame dressing
- Dash of hot sauce, optional
- Half one whole avocado
- 2 whole persian cucumbers
- 1 medium carrot, optional
- 4-5 pieces whole nori sheets
- 20 pieces butterhead lettuce

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INSTRUCTIONS

1. To make tuna salad, mix all of the ingredients in a large mixing bowl, from the tuna to the spicy sauce, if desired.
2. Slice the avocado. Use a julienne peeler to cut the cucumbers and carrot into matchstick shapes, as I did.
3. Cut the square nori sheets in half to make two rectangles.

4. A nori sheet, shiny side down, should be placed on a level surface, with two butterhead lettuce leaves overlapping at a 45-degree angle from the top left corner of the nori sheet.
5. Over the leaves, sprinkle roughly a tbsp of tuna salad evenly.
6. 2 avocado slices, carrots, and cucumber slices are layered on top of each other. Make sure you don't stuff it too full.
7. To make a triangle, roll up the bottom left corner of the nori to the middle of the top border. Roll until a cone is formed.
8. To assist bind the folds, dab the tip end with a few drops of water.
9. To keep the nori sheets crisp, serve them as soon as possible.

NUTRITION

serving: 1hand roll, calories: 50kcal, carbohydrates: 2g, protein: 7g, fat: 1g, saturated fat: 1g, cholesterol: 13mg, sodium: 131mg, potassium: 98mg, fiber: 1g, sugar: 1g, vitamin a: 1404iu, vitamin c: 1mg, calcium: 13mg, iron: 1mg



CALIFORNIA HAND ROLL (WHOLE30 CRAB AND AVOCADO

TEMAKI)

Time to Prepare: 20

Cook Time: 20

Total Time: 40

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 8 toasted nori sheets
- 1 pound cooked lump crab meat
- 2 scallions thinly sliced
- 2 tbsp paleo mayonnaise
- 1/2 tsp red pepper flakes optional
- 1 tbsp lime juice
- Diamond Crystal kosher salt
- Freshly ground black pepper
- 1 large Hass avocado pitted, peeled, and thinly sliced
- 2 small Japanese or Persian cucumbers cut into matchsticks
- Handful of radish sprouts or microgreens
- 2 tbsp toasted sesame seeds

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INSTRUCTIONS

1. You may skip the toasting step if the nori sheets are already toasted and you're short on time, but even toasted nori can be perked up with a little heat.
2. Over a low flame, toast every nori sheet by carefully fanning it back and forth until the color turns a brilliant green.

3. Is there no gas stovetop? The nori can also be toasted in the oven. Turn on the broiler and position the rack 6 inches from the heat source. Place two nori sheets on a baking sheet and bake for 10 seconds, or until the nori turns green and smells toasted.

4. To make 16 pieces of toasted nori, cut every piece of nori in half width-wise.

5. Mix the crab meat, scallions, mayonnaise, red pepper flakes (if using), and lime juice in a large mixing bowl. Add salt and pepper as needed, and mix everything together well.

6. Hold a piece of nori shiny side down and scoop 2 tbsp of the crab stuff onto the left side of the rectangle to make each roll. The filling should flow diagonally from the top left corner of the nori to the bottom center.

7. Add a piece of avocado, cucumber, and sprouts to the crab. Before wrapping the long section of the nori around the crab and vegetables to make a cone, fold the bottom left corner of the nori over the filling.

8. Serve immediately, garnished with toasted sesame seeds—don't let the nori soften!



Chirashi Sushi Recipes

CHIRASHI SUSHI BOWL (CHIRASHIZUSHI)

Time to Prepare: 30

Cook Time: 50

Total Time: 1 hour 20

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

Chirashi Sushi Toppings and Garnishes:

- Cooked and shelled edamame beans, wakame or nori seaweed, thinly sliced, shredded or julienne carrot and daikon (Japanese radish), thinly sliced sushi-grade raw seafood or bits of cooked seafood.
- Seasoned mushrooms, cucumber, and omelet.
- Garnishes: Wasabi, pickled ginger, shiso leaves or microgreens, sliced scallions, sesame seeds, tobiko, lotus root, and edible flowers such as shiso or thyme flowers.

Seasoned Sushi Rice:

- 1.5 c Short grain white or brown rice, cooked according to package.
- 3 tbsp Rice Vinegar
- 2 tbsp Sugar
- 1/2 tsp Salt

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Cucumber Salad:

- 1 c Cucumbers, sliced very thin in rounds
- 1/4 c Rice Vinegar
- 1 tsp Sugar

Sweet Seasoned Shiitake Mushrooms:

- 1 c Shiitake Mushroom, sliced 1/4"

- 2 tbsp Mirin (sweet Japanese cooking wine) or 1 tsp sugar and 1 tbsp water
- 1 tbsp Soy Sauce
- 1 tsp Vegetable Oil

Japanese Omelet:

- 2 Eggs
- 1 tsp Sugar
- pinch salt
- Chirashi Sushi Dressing
- 2 tbsp Mirin or 2 tsp every sugar and water
- 2 tbsp Soy Sauce
- 2 tbsp Rice Vinegar
- 1 tbsp Vegetable Oil
- 1 tbsp Green Tea or water

INSTRUCTIONS

Seasoned Sushi Rice

1. After the rice has been cooked, mix the vinegar, sugar, and salt and sprinkle over the rice.

Gently stir in the other ingredients and set aside to cool until ready to serve. * It's worth noting that flavoring the rice isn't required. You can also add a clump of kombu seaweed to the rice while cooking to give it a more genuine Japanese flavor.

Cucumber Salad

2. Mix the cucumber slices, vinegar, and sugar in a mixing bowl and set aside for up to 4 hours until ready to use. Before adding cucumber to the dish, make sure it's completely dry.

3. Sweet Seasoned Shiitake Mushrooms

4. In a small fry pan, toss all the ingredients with the mushrooms. Cook on low heat until the liquid has nearly completely evaporated. Allow cooling before using as a garnish.

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Japanese Omelet

5. Eggs, sugar, and salt should be thoroughly mixed. To produce a paper-thin omelet, preheat a big pan on medium, gently oil it, then pour in the eggs. Cool slightly before rolling onto a plate and slicing into julienne (thin) strips after it has reached room temperature (about 1 minute).

Chirashi Sushi Dressing

6. To make Chirashi bowls, mix all ingredients and spritz a little over the bowls.

Assembly

7. Make sure the bottom half of your bowl is filled with 1 cup of rice. So put your chosen ingredients on top and gently drizzle some of the dressing over any that aren't already seasoned. Then, enjoy eating! If you want to dip your food in more soy sauce, you can do that.

SEAFOOD CHIRASHI SUSHI

Time to Prepare: 30

Cook Time: 30

Total Time: 60

Serving: 4 People

minutes

minutes

minutes

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INGREDIENTS

For sushi rice:

- 10.93 ounces of Japanese short-grain rice 1 1/2 cups of
- 1.5 cups of cold water
- 0.25 cup of Mizkan Natural Rice Vinegar
- 3 tbsp sugar
- 1 tsp salt

For toppings:

- 3 ounces snap peas (14 pods, trimmed)
- 3.53 ounces carrot (1/2 carrot peeled & sliced into 12 coins)
- 6.35 ounces shrimp (31-40, peeled and deveined)
- 3 eggs
- 1 pinch salt
- 1 tsp vegetable oil
- 5.64 ounces of sashimi-grade fish (such as tuna, salmon, or hamachi)
- 2 tsp toasted sesame seeds
- 3.53 ounces ikura (optional)
- Soy sauce (for serving)

INSTRUCTIONS

1. Place the rice in a sieve and stir it while wash it with cold water. The rice should be mostly clear by the time you're done. Before you do anything else, drain the rice. Then, put it in a tall pan with a lid and add 1 1/2 cups of water. Cover the pan and let it aside to cook. Let this cool down for 30 minutes while you make the toppings, then serve it up.

2. To make the sushi vinegar, mix the rice vinegar, sugar, and salt until everything is mixed together.

3. With the carrots in a pot of salted water, bring to a boil. In a pot, cook the carrots until they are soft enough to poke a fork through them. It's time to add the snap peas. Cook them for about 30 seconds. You can place them in a bowl of water to cool and then drain them.

4. It's time to add the shrimp. Add them to the boiling water, then turn off the heat. Let the shrimp cook in hot water until they are bright orange and no longer transparent (about 2-3 minutes). Then, take the food in a water bath to cool down, and then drain it.

5. To make the eggs, crack them open into a bowl, add a pinch of salt, and beat them with chopsticks until they are all the same color. You don't want to make bubbles.

6. Then, put the non-stick frying pan on medium-low heat and let it get hot but not too hot.

It's time to add the vegetable oil to the pan. Then spread it around with a paper towel to get rid of any extra oil.

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7. Pour just enough egg into the pan so that you can swirl it around and cover the bottom.

Leave it alone and keep cooking until the edges start to dry out and pull away from the pan.

A spatula can be used to flip the egg on its side next. After a few seconds, move the egg to a cutting board and cover it with plastic wrap. Keep it there. Stack each egg on top of each other like this:

8. Roll up the stack of egg sheets and cut them into tiny threads with a sharp knife.

9. Keep your fish in the fridge until you're ready to serve it. Slice it into bite-sized pieces. You don't have to, but you can also cut your carrots into flowers and your snap peas into leaves.

10. It's time to bring the rice to a boil. In about 15 minutes, when the water comes to a boil, turn the heat down to low.

11. Turn off the heat when the timer says it's time. Let the rice steam for 10 minutes without letting it open the lid.

12. The rice should be placed in a big mixing bowl, and the sushi vinegar should be drizzled over it. Fold the sushi vinegar into the rice with a spatula or rice paddle, being careful not to smash the rice grains into mushy lumps.

13. Fans can help you cool down the rice quickly as you fold. When the vinegar is fully mixed in, fan the rice while you fold. This will soon bring the rice to room temperature.

14. You'll need to divide the rice into four bowls and top each one with a sprinkle of sesame seeds.

15. Shred the egg and spread it on the rice. Then add the fish, shrimp, and vegetables on top.

16. Add ikura and serve with soy sauce so that you can drizzle it on your food if you need to.

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CHIRASHIZUSHI

Time to Prepare: 30

Cook Time: 30

Total Time: 60

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

For the Rice:

- 2 1/4 cups of sushi rice

For the Sushi Vinegar:

- 1/4 cup of rice vinegar
- 2 tbsp sugar
- 1 tsp kosher salt

For the Toppings:

- 8 dried shiitake mushrooms, rehydrated in 2 cups of warm water
- 1 tbsp soy sauce
- 1 tbsp granulated sugar
- 1 tsp mirin
- 3 large eggs
- 1 1/2 tsp sugar

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- 1 cucumber, julienned
- 2 ounces imitation crab, shredded
- 1/2 pound sashimi/sushi-grade tuna

- 2 tbsp soy sauce
- Wasabi, optional, for marinating with the soy sauce and tuna
- 2 tsp sesame seeds, for garnish

INSTRUCTIONS

Prep (soaking / marinating)

1. Soak 3 dried shiitake mushrooms in 200ml of cold water for a few hours until they are soft.
2. This is the next step. In a small saucepan, add 1 tablespoon sake and 1 tablespoon mirin. In a hot pan, boil for 30 seconds to get rid of the alcohol. Then take it off the heat.
3. Add 1 tablespoon of soy sauce to the pan and mix. Cool down for a while.
4. Once the tuna is cool to the touch, cut it into cubes and pour the sauce over it. Marinate until you're ready to serve it.
5. Use this time to make all of your toppings according to the ingredients list.

Rice

6. Remove the mushrooms from the water when they're soft enough to eat, then eat them. Do not throw them away! This is now shiitake dashi that we will use soon.
7. Slice the mushrooms into small, placing them in a small saucepan on the stove.

8. This is what you'll do next: Put in the carrots and aburaage into the pan. Then add the sake, the sugar, the mirin, and the soy sauce to the pan and stir it all together.

9. Mix everything together, then turn the heat up to medium or medium-high and cook it for a while. When the liquid is almost gone, keep cooking until it is dry. Check to see that nothing is stuck at the bottom of the pan.

10. When the pan is mostly dry, take it from the heat.

11. In a small bowl, mix 2 tbsp rice vinegar, 1/2 tsp sugar, and 1 tsp salt until they're all blended and mixed well.

12. Pour the mixture over about 660g of cooked short-grain white rice and mix it well.

13. Take the pan with the shiitake, carrots, and aburaage and mix it with the rice, then eat it.

14. In order to keep the rice from drying out, cover the rice with a damp kitchen towel.

Kinshi tamago

15. Placed 2 eggs and a pinch of salt in a bowl and whisk them together well.

16. Whisk the whisked egg through a sieve set over another basin until it passes.

17. Add a slight drizzle of oil to a small nonstick frying pan and heat on medium-low. With a paper towel, spread the oil across the pan and discard any excess. Save the paper towel for another time.



18. Add half of the egg mixture to a pan over medium heat and swirl to coat the bottom of the pan. (Don't fill the egg crepe to the brim; otherwise, it will be excessively thick.) 19. Cook until the egg is about 80% done (slightly soft on the surface).

20. Take the egg from the pan and place it on a chopping board.

21. Using the paper towel, grease the pan once again.

22. Steps 1-6 should be repeated with the remaining egg mixture.

23. Cut the egg crepes into thin slices, about 2mm thick, by rolling them up.

Assembly

24. Sprinkle the kizami nori on top of the rice in the serving bowls.

25. Overlap the kinshi tamago on top.

26. Arrange the remaining ingredients on top in a pleasing manner.

27. Serve and have fun!

GOMOKU SUSHI

Time to Prepare: 1

Cook Time: 15

Total Time: 1 hour

Serving: 4 People

hour

minutes

15 minutes

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INGREDIENTS

Sushi Rice:

- 2 cups of uncooked sushi rice (short grain)
- 1.8 cups of water
- 1 strip of Kelp (about 2 inches/ 6cm)
- 4 tbsp of rice vinegar

- 2 tbsp of sugar
- 1/2 tbsp of salt

Mix:

- 1 pc of carrots
- 1/2 to 1/3 pc of lotus root
- 5-6 pc of dried shiitake mushroom
- 1 cup of Leftover water from shitake and water
- 1 1/2 tbsp of sugar
- 1 1/2 tbsp of sake
- 1 1/2 tbsp of soy sauce

Kinshi Egg:

- 2 pc eggs
- 1 tsp of sake
- 1 tsp of sugar
- One pinch of salt
- 1 tsp of potato starch

Decorations:

- some kinshi eggs
- 7-8 pc sugar pea
- 6-8 pc of cooked shrimp

- Some salmon caviar

INSTRUCTIONS

1. Rice should be washed in cold water and rinsed many times until the water is clear. Allow draining after straining.
2. Fill the rice cooker or pot halfway with water, then add the rice and kelp. Follow the directions if you're using an electric rice cooker. Before cooking the rice, soak it in water for 20 to 30 minutes.

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3. (We usually cook sushi rice a little tougher than ordinary cooked rice.) This is due to the addition of a vinegar combination. There's a lot less water in this rice than in conventional rice. The rice-to-water ratio should be between 1 and 0.9).
4. Heat the rice vinegar in a small saucepan. To dissolve the sugar and salt, combine them in a mixing bowl.
5. Remove the kelp when the rice has finished cooking. In a large mixing bowl or a wet wooden sushi tub, place the cooked rice. Pour the sushi vinegar over the rice and spread it out evenly. (The vinegar mixture should be added to the rice while it is still hot) If you add the vinegar to cold sushi rice, it will become sloppy.
6. Hold and cut the rice with a rice spatula, ensuring that every grain is seasoned with sushi vinegar.
7. Continue mixing until the temperature of the rice reaches that of a human body. You may also use a fan to speed up the cooling process.

8. Until ready to use, keep the rice covered with a moist towel or paper towel at room temperature.

9. Soak the dried shitake mushroom in water until it softens thoroughly. Then finely slice them. Please do not turn off the water.

10. Cut the lotus roots into quarter-rounds that are 1/8 inches thick. Carrots should be cut into tiny rectangles.

11. Pour the shitake water and water, totaling 200ml, into a small pan with the sugar, sake, and soy sauce. Carotte, lotus, and shitake mushrooms should be cooked for approximately 5

minutes over medium heat until almost all of the liquid has evaporated. Allow to cool after turning off the heat.

12. In a small bowl, whisk together the eggs, sugar, sake, salt, and potato starch. Using a strainer, strain the egg mixture. You'll be able to create more gorgeous smooth eggs this way.

13. Grease a big nonstick frying pan with a paper towel coated in vegetable oil and heat it. In the pan that is heated to medium, add a third of the egg mixture, and immediately tilt the pan to spread the mixture evenly around the bottom of the pan.

14. Flip the egg gently when the surface has hardened and cook for another 10 seconds. Place it on a chopping board to cool after removing it from the pan. Carry on with the rest of the egg mixture in the same manner. Cut the egg crapes into thin strips after stacking them.

15. Remove the stiff threads from the snow peas' margins.

16. Add the peas to a medium saucepan that is half full of water. Bring the saucepan to a full boil with 1/2 teaspoon of salt. Cook for 60 to 70 seconds after adding the snow peas. Drain pea pods in a colander after turning off the heat. After that, place the pea in cold water.

17. Drain any extra liquid from the cooked vegetables before mixing them into the sushi rice.

18. Kinshi eggs, snow peas, shrimp, and salmon caviar can be used as garnishes.

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VEGETARIAN CHIRASHI SUSHI

Time to Prepare: 15

Cook Time: 5

Total Time: 20

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 1 small carrot (julienned sliced into thin sticks)
- 1 thumb size ginger (peeled and julienned)
- 2 tbsp vegetable oil
- 1/2 tsp toasted sesame oil
- 1 tsp sesame seeds
- 1 cup of shiitake mushrooms (chopped bite-size)
- 2 tsp soy sauce
- 1 tsp sake
- 1/2 tsp granulated sugar
- 1 plum tomato (sliced bite size)
- 1 tbsp white or awase miso paste
- 1 tbsp extra virgin olive oil
- 1/2 cup of baby spinach (finely chopped)

- 2 stalks of scallions (finely sliced on the bias)
- 3 tbsp rice vinegar

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- 3 cups of Japanese rice (cooked)
- shredded nori (optional)

INSTRUCTIONS

1. 1 tbsp vegetable oil, ginger, and carrots in a small pan over high heat for 3 minutes, or until softened. It is time to add sesame oil and a pinch of salt and 1/2 tablespoon sesame seeds to the mixture after taking it from the heat. Set aside after mixing and transferring to a plate.

2. 1 tbsp vegetable oil, 1 tbsp shiitake mushrooms, fry until all the liquid has been absorbed, adding soy sauce, sake, and sugar. Set aside on a plate.

3. Mix the tomatoes, miso paste, and extra virgin olive oil in a small mixing bowl. With a large mixing bowl, mix all ingredients until they are equally covered in tomato sauce.

4. Warm the Japanese rice and sprinkle it with rice vinegar. In a large mixing bowl, mix all of the ingredients until they are completely mixed, and the rice is uniformly covered.

5. Carrots, tomatoes, mushrooms, spinach, onions, and shredded nori are evenly distributed across two bowls of rice. Immediately, serve.

NOTES

1. By performing all of the prep work ahead of time and refrigerating every ingredient individually, you can prepare

this vegetarian chirashi sushi ahead of time. Before adding the toppings, warm the rice.

NUTRITION

Serving Size: Calories: 604, Sugar: 5.6 g, Sodium: 423 mg, Fat: 17.4 g, Saturated Fat: 3.8 g Carbohydrates: 96.4 g, Fiber: 5 g, Protein: 11.3 g, Cholesterol: 7 mg 133



SCATTERED SUSHI

Time to Prepare: 15

Cook Time: 30

Total Time: 45

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1 cup of short-grain brown rice
- 1/2 cup quinoa (red or white)
- 1/4 cup of rice wine vinegar
- 2 tsp sugar
- 1/2 tsp salt
- 2 tbsp toasted sesame seeds
- 5oz fresh salmon
- 5oz fresh tuna
- 1 cup of frozen shelled edamame
- 2 carrots, julienned or peeled in ribbons

Garnishes

- pickled ginger
- wasabi
- nori seaweed, finely shredded
- toasted sesame seeds (1/2 tsp per person)

- 8 tsp salt-reduced soy sauce, for dipping **Cabbage salad**
- 4 cups of finely shredded cabbage
- 1 tbsp sesame oil
- 1 tbsp rice wine vinegar
- 1 tsp sugar

INSTRUCTIONS

1. In a pot, mix rice and quinoa and cover by 1 inch with water. Bring to a boil, and after it has reached a boil, reduce the heat to a low setting. Cover and simmer for about 25 minutes, or until water is absorbed and rice and quinoa are cooked. When the rice is done, mix the vinegar, sugar, and salt and pour over it.
2. Stir in the sesame seeds, then pour the dressing and seeds evenly over the rice. Serve the rice mixture in individual serving dishes.
3. In a mixing bowl, mix the cabbage, sesame oil, vinegar, and sugar to form the salad. Toss to combine.
4. Using a sashimi knife, thinly slice the fish. Cook edamame for 2 minutes in the microwave or on the stovetop until just tender. On top of the rice, arrange the veggies and fish. Toss in the garnishes. Serve with a cabbage salad and soy sauce.



GRAPEFRUIT & AVOCADO CHIRASHI SUSHI

Time to Prepare: 15

Cook Time: 35

Total Time: 50

Serving: 3 People

minutes

minutes

minutes

INGREDIENTS

Rice for Sumeshi (Vinegared Sushi Rice) *

- 1 1/2 cups of uncooked Japanese white rice (starchy short-grain rice)
- 1 1/2 cups of water
- 0.3 oz dried kombu sheet

Grapefruit Sushizu (Seasoned Rice Vinegar Mixture) *

- 2 tbsp freshly squeezed grapefruit juice
- 1 tbsp rice vinegar
- 1 1/2 tbsp sugar
- 2 1/2 tsp salt

Toppings & Condiments

- 1 large pink grapefruit (or white one) (12-15 oz)
- 1 large Hass avocado
- Lemon juice (optional)
- 1 scallion thinly sliced

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- Radish microgreens or sprouts
- Shredded sushi nori (optional)
- Soy sauce
- Wasabi

INSTRUCTIONS

1. Prepare the sumeshi rice. The rice should be placed in a large mixing bowl. Cover the rice with water. Wash it in a circular motion with your palm, then immediately dump the water.

Repeat the process 5-6 times more until the water is clear. Drain thoroughly. Place rice in a fine mesh colander as an alternative. Rinse well under cold running water. Rinse vigorously with a hand in a circular motion until the water is clear. Drain thoroughly.

2. Transfer the rice to a cast iron pot or something similar with a sturdy cover. Pour water over the rice and level it. Cover with the lid after placing the kombu sheet on top of the rice (which has been submerged in the water).

3. Cook on a little higher heat than medium. It starts to practically boil after around 10-15

minutes (you will see the bubbles.) Open the cover now and give a short stir from the bottom with a rice paddle. Make sure the rice is evenly before covering it with the lid.

Reduce to low heat and continue to cook for another 10 minutes. Turn off the heat after 10

minutes. Allow 10 minutes to stand with the lid on.

4. Start preparing the toppings and seasonings while the rice is still cooking. Take off the ends of the grapefruit at the top and the bottom. Place it down on a chopping board and carefully slice away the entire peel and membrane.

5. Cutaway the parts one by one until the entire flesh has been revealed. To capture the segments and the liquid, do this over a basin. After you've cut out all of the parts, squeeze the remaining ones to get the juice. It's important to

note that the juice will be utilized to produce sushi vinegar later on.

6. Take the segments out of the bowl and chop them into smaller pieces (about 1/2 inch or 1.3 mm). Then return them to the dish. Set aside.

7. To make the grapefruit sushizu, mix all of the ingredients in a large mixing bowl (seasoned rice vinegar mixture.) 2 tbsp freshly squeezed grapefruit juice (from step 5) should be transferred to another bowl. Add sugar, salt, and rice vinegar to it. Mix everything together until it's completely smooth. Set aside. It's possible that the sugar and salt haven't completely dissolved, but it's alright after the rice is stirred in.

8. Remove the kombu sheet and transfer the cooked rice to a big shallow bowl when the rice is done (preferably a wooden sushi bucket for soaking up excess moisture) With a rice paddle, stir in the grapefruit sushizu. Move-in a delicate cutting motion to do this. Once it's well combined, chill the rice with a fan until it's warm enough to feel like your body temperature. When sushi rice isn't entirely cold, it tastes better. Finally, stir in the toasted sesame seeds. Set aside.



9. Begin chopping the avocado in the same size as the grapefruit segments at this stage. Pour the leftover grapefruit juice over the cubed avocado in a bowl. Is there no more juice?

There is no need to be concerned. You may also use a smidgeon of lemon juice to preserve the avocado from browning (optional.)

10. To serve, place the rice on a bowl or platter. Grapefruit, avocado, scallions, radish micro greens or sprouts, and shredded nori are served on top (optional.) Pour soy sauce and wasabi over the top and enjoy!

NOTES

1. If you have any leftover rice, keep it in the fridge and make fried rice the next day! It's already seasoned, but it

doesn't matter.

2. Fill the remaining with rice vinegar if your grapefruit doesn't provide enough juice (2 tbsp).

BARA CHIRASHI

Time to Prepare: 30

Cook Time: 1 hour

Total Time: 1 hour

Serving: 3 People

minutes

10 minutes

40 minutes

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INGREDIENTS

Rice

- 8 3/4 oz of Japanese short-grain rice
- 1 3/4 oz of rice vinegar
- 1 1/16 oz of caster sugar
- 1/3 oz of salt
- 0.035 oz of kombu

Kasutera omelette

- 2 1/2 oz of egg white
- 1 3/4 oz of caster sugar
- 3 oz of egg yolk
- 1 3/4 oz of surimi, (the paste used to make crab sticks)
- 1 1/4 oz of mirin
- 1/4 oz of light soy sauce
- 1 pinch of sea salt

Soy-cured quail eggs

- 6 quail eggs
- 1 3/4 oz of light soy sauce
- 3/4 oz of mirin
- 3/4 oz of sake

Sashimi

- 14 1/8 oz yellowfin tuna, cod, salmon, cooked eel, king crab, or whatever fish is best and freshest that day
- soy sauce, for marinating

Garnish

- nasturtium leaves
- radishes, in a variety of colors and cut into various shapes
- salmon roe, caviar and tobiko

- cucumber, very finely sliced
- edible flowers

INSTRUCTIONS

1. Place the quail eggs in the freezer the day before you want to serve this dish and make the sushi rice vinegar. Mix the sugar, salt, and rice vinegar together until sugar and salt are completely dissolved (do not boil the vinegar), then add the kombu and let it sit in the

fridge overnight. 6 quail eggs, 1 1/16 pound caster sugar, 1/3 pound salt, 1 3/4 pound rice vinegar, and 0-pound kombu.

2. Remove the quail eggs from the freezer the next day and set them aside to come to room temperature. In the meanwhile, place the mirin and sake in a small pan and bring to a boil.

Once boiling, take the pan from the heat and mix in the soy sauce. Set aside 3/4 oz mirin, 3/4 oz sake, and 1 3/4 oz light soy sauce to cool.

3. When the quail eggs have reached room temperature, delicately crack them open and separate the yolks before gently immersing them in the cooled soy sauce mixture. Allow 2

hours for marinating.

4. Meanwhile, thoroughly wash the rice in multiple changes of water, then drain for 5

minutes. Placed 2/3 of an ounce of water and the rice in a pan, cover, and cook on high heat for 5 minutes. Continue cooking for a further 20 minutes with the heat down to low: Japanese short-grain rice weighing 8.75 oz.

5. In a mixing bowl, mix the cooked rice and the sushi vinegar (discarding the kombu). Mix the vinegar and rice with a paddle or spoon in a cutting motion, then leave aside to cool.

6. To prepare the omelet, beat the egg whites on medium speed in a stand mixer fitted with a whisk attachment until stiffened. Gradually drizzle in the sugar, a little at a time, until the mixture is white, glossy, and firm. 1 3/4 ounces caster sugar, 2 1/2 oz egg white 7. in a blender or food processor, blitz the rest of the omelet ingredients until smooth, then gently fold in the whisked egg whites, keeping as much air in the mixture as possible. 3 oz egg yolk, 1 3/4 oz surimi (crab stick paste), 1 1/4 oz mirin, 1/4 oz light soy sauce, 1

sprinkle of salt

8. preheat the oven to 284°F/gas mark 1 (350°F/180°C). Pour the mixture into an omelet pan and cook for 5 minutes over low heat, until the bottom has just set, then move to the oven and bake for 30-40 minutes. Allow it cool before cutting into 3/4-inch cubes.

9. Cut any fish or seafood you have into 3/4-inch cubes for the sashimi, then marinate in soy sauce for 5 minutes. You may also use a number of marinades, like dashi, kelp, or yuzu kosho, in this recipe. Drain the fish on kitchen paper when the 5 minutes are over to remove any extra sauce. 14 1/8 oz. soy sauce for marinating yellowfin tuna, cod, salmon, boiled eel, king crab, or whatever seafood is at its finest and freshest on the day.

10. In the bottom of the dish or box, you're serving in, build a bed of sushi rice. Place the sashimi, diced omelet, and cured quail egg yolks on top, then arrange the garnishes as artistically as possible.



BROWN RICE CHIRASHI BOWL

Time to Prepare: 10

Cook Time: 05

Total Time: 15

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 1/4 cup of rice vinegar
- 1 tbsp sugar
- 1 tsp salt
- 2 packages of Annie Chun's Brown Rice
- 4 ounces of sashimi-grade salmon
- 4 ounces of sashimi-grade tuna
- 2 tbsp pickled ginger
- 1/4 cup of shredded red cabbage
- 2 mini cucumbers, sliced very thinly
- 2 tsp black or white sesame seeds
- Soy sauce, for serving
- Wasabi, for serving



INSTRUCTIONS

1. Bring the rice vinegar, sugar, and salt to a moderate boil in a small saucepan. Cook, constantly stirring, until all of the sugar and salt have dissolved. Allow time for the mixture to cool.
2. Follow the instructions on the rice package to properly prepare the rice, and then place it in a large mixing bowl.
3. Pour the cooled vinegar mixture over the rice and stir with a wooden spoon to incorporate the vinegar.
4. Sushi rice should be divided among the bowls. On top of the rice, arrange the salmon, tuna, ginger, cabbage, and cucumbers. Sesame seeds can be sprinkled on top.
5. Soy sauce and wasabi should be served on the side.

Stapes and sauce

JAPANESE EGG OMELET

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 2 People

minutes

minutes

minutes

INGREDIENTS

- 2 tbsp water

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- 1 1/2 tbsp sugar
- 1 tbsp mirin
- 1/4 tsp salt
- 1/4 tsp rice vinegar
- 3 eggs
- Cooking oil
- Nori (dried seaweed sheets), optional

INSTRUCTIONS

1. 2 tbsp water, sugar, mirin, salt, and 1/4 tsp rice vinegar in a medium bowl. Stir until the sugar is completely dissolved. Whip the eggs in a separate bowl.
2. Heat a Tamagoyaki pan over medium heat.
3. In the pan, pour a thin layer of the egg mixture. When the egg is halfway cooked, carefully wrap it into a log and place it on the far side of the pan from you, leaving it in the pan.
4. If necessary, add some oil. Then, over the empty area in the pan, add another thin layer of the egg mixture. Roll the previous egg log into the fresh mix, making a thicker log after this layer of egg is halfway cooked. Push to the side of the pan that is furthest away from you.
5. Repeat the process for the third time or until the egg mixture is finished. Remove from pan and form with cling wrap. Set aside to cool.
6. Before rolling the egg in the pan, it should only be half cooked. It will not cling together when rolled up if it is thoroughly cooked.
7. The finest Tamagoyaki pan is rectangular, but a circular pan will suffice.
8. 1 inch thick pieces of Tamago, If desired, wrap a small strip of Nori around the center.
9. Plate and serve while it's still hot!



GINGER DRESSING

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 3/4 cup

minutes

minutes

minutes

INGREDIENTS

- 2 tbsp grated fresh ginger

- 1 garlic clove, minced (about 1/2 teaspoon)
- 2 tbsp reduced-sodium soy sauce
- 1/2 tsp Dijon mustard (optional)
- 1/4 cup of rice vinegar
- 1/3 cup of olive oil

INSTRUCTIONS

1. Mix all of the ingredients in a relatively small mixing bowl.
2. Refrigerate for up to two weeks before serving.

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SPICY MAYO SAUCE

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 7 People

minutes

minutes

minutes

INGREDIENTS

- 1 cup of mayonnaise
- 3 tbsp Sriracha hot chili sauce
- 1/4 tsp chili powder

INSTRUCTIONS

1. Mix all of the ingredients together well in a small bowl.
2. Serve it immediately, or put it in an airtight container and put in the fridge to keep it safe.

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HOMEMADE EEL SAUCE

Time to Prepare: 20

Cook Time: 20

Total Time: 40

Serving: 100 ml

minutes

minutes

minutes

INGREDIENTS

- 1/4 cup of mirin

- 1 1/2 Tbsp sake
- 2 1/2 Tbsp sugar
- 1/4 cup of soy sauce

INSTRUCTIONS

1. Bring all of the ingredients together.
2. In a small saucepan, mix the mirin, the sake, and the sugar. Set the heat to medium and whisk the entire mixture together.
3. Bring to a boil, then add the soy sauce. Reduce heat to low and continue to simmer for 10 minutes until the water has reached a boil. You'll see more bubbles as the cooking progresses.
4. Allow cooling after turning off the heat. As the sauce cools, it will thicken.



NOTE

1. To Store: You may preserve the sauce in an airtight container for up to 2-3 months in the refrigerator.

NUTRITION

Calories: 3 kcal · Carbohydrates: 1 g · Protein: 1 g · Sodium: 38 mg · Potassium: 1 mg · Sugar: 1 g ·

Calcium: 1 mg · Iron: 1 mg

PONZU SAUCE

Time to Prepare: 02

Cook Time: 0

Total Time: 02

Serving: 1 People

minutes

minutes

minutes

EQUIPMENT

- Small Dipping Sauce Bowls

INGREDIENTS

- 2 tbsp soy sauce
- 1 tsp lemon juice
- 1 tsp lime juice
- 1/2 tsp dashi powder dissolved in 2 tbsp water

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- 1 1/4 tsp mirin
- 1 tsp rice wine vinegar

INSTRUCTIONS

1. In a small bowl, mix all ingredients (soy sauce, lemon juice, lime juice, dashi powder, mirin, and rice wine vinegar).
2. Toss everything together and give it a go. Add a bit extra of any item until the flavor is to your liking.
3. Optional: Serve with spring onion as a garnish. (If keeping in the fridge for later use, leave out.)

4. Serve alongside dipping foods like gyoza or upon, as a steak or fish sauce, or a tangy salad dressing.

NOTES

1. To enhance the tangy flavor, add a splash of lemon or lime juice right before serving.
2. When using Japanese Togarashi spice or grated daikon - or both! - feel free to kick it up a notch.
3. If you're going to store something, use distilled or filtered water.

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TEMPURA BATTER

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 12 People

minutes

minutes

minutes

INGREDIENTS

- 1 2/3 cups of all-purpose flour
- 1 1/2 cups of cornstarch
- 2 cups of club soda
- 1/4 cup of finely chopped herbs (such as parsley, chives, thyme, rosemary)
- 1/4 cup of sesame seeds

INSTRUCTIONS

1. In a mixing bowl, mix all of the ingredients. You should know that you may fry veggies, fish, or anything else you like.
2. Preheat the vegetable oil to 350 degrees Fahrenheit.
3. Deep-fried the veggies after dipping them in the batter until they are a light golden color.
4. Cooked veggies should be drained on a wire rack.



NUTRITION

Calories: 142kcal | Carbohydrates: 28g | Protein: 2g | Fat: 1g
| Saturated Fat: 0g | Cholesterol: 0mg

| Sodium: 19mg | Potassium: 40mg | Fiber: 1g | Sugar: 0g |
Vitamin A: 105IU | Vitamin C: 1.7mg |

Calcium: 39mg | Iron: 1.4mg

TEMPURA DIPPING SAUCE

Time to Prepare: 05

Cook Time: 0

Total Time: 05

Serving: 1 cup

minutes

minutes

minutes

INGREDIENTS

- 3/4 cup of dashi or 3/4 cup of water + 1 tsp dashi powder
- 3 Tbsp soy sauce
- 2 Tbsp mirin
- 2 tsp sugar
- 2 inches daikon radish

INSTRUCTIONS

1. Gather all of the necessary ingredients.
2. In a small pot, mix 3/4 cup dashi, 3 tablespoons soy sauce, 2 tablespoons mirin, and 2 teaspoons sugar.
3. Bring it to low heat and stir until the sugar has fully dissolved. Take the pan off the heat and let it cool for a few minutes before pouring the mixture into a mason jar.



4. Serve your favorite tempura with the warm tempura dipping sauce. Grate the daikon radish and wring out as much water as possible before serving with the sauce.

NOTES

1. **To Store:** Refrigerate for up to 1-2 weeks.

NUTRITION

Serving: 1 cup of · Calories: 268 kcal · Carbohydrates: 45 g · Protein: 9 g · Fat: 1 g · Saturated Fat: 1

g · Sodium: 3028 mg · Potassium: 1541 mg · Fiber: 11 g · Sugar: 34 g · Vitamin C: 149 mg · Calcium: 184 mg · Iron: 3 mg

PICO DE GALLO

Time to Prepare: 15

Cook Time: 0

Total Time: 15

Serving: 6 People

minutes

minutes

minutes

INGREDIENTS

- 1 lb tomatoes (3-4 medium), diced
- 1/2 medium onion (1 cup chopped)
- 1 jalapeno pepper, seeded and finely minced (optional)
- 1/2 cup cilantro, chopped
- 2 Tbsp lime juice, from 1 lime

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- 1/2 tsp salt, or to taste
- 1/8 tsp black pepper

INSTRUCTIONS

1. Diced tomatoes, onion, jalapeño pepper, and chopped cilantro are combined in a medium mixing bowl.
2. Add 1/2 teaspoon of salt and 1/8 teaspoon of black pepper, or to taste, along with 2
tablespoons of lime juice. Serve it immediately, or cover it and put in the fridge for up to 24
hours.

SPICY MANGO SAUCE

Time to Prepare: 05

Cook Time:10

Total Time: 15

Serving: 6 People

minutes

minutes

minutes

152

INGREDIENTS

- 1 cup of mango pulp
- 1 tbsp jalapeno
- 1 tsp vegetable oil
- 1 tsp garlic minced
- 2 tbsp lime juice
- 1/4 tsp salt
- 1 tbsp cilantro minced

INSTRUCTIONS

1. Scoop out the mango meat after peeling off the mango skin.
2. Mix the mango flesh and jalapeno in a blender jar.

3. Blend till the mixture is velvety smooth and uniform. Also, set aside.
4. Mix the vegetable oil and minced garlic in a pan.
5. Cook till the garlic is aromatic.
6. Cook until the ground mixture has thickened and turned glazy.
7. Lime juice, salt, and cilantro are chopped.
8. Cook for another minute. Also, turn off the flame.
9. Place the container in an airtight container.

NOTES

1. Depending on your taste, increase or decrease the amount of jalapeno.
2. According on the taste of the mango, the quantity of salt and lime juice to be used might vary somewhat. As a result, taste and modify these.

NUTRITION

Calories: 47kcal | Carbohydrates: 10g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 106mg |

Potassium: 6mg | Fiber: 1g | Sugar: 8g | Vitamin A: 971IU | Vitamin C: 10mg | Calcium: 4mg | Iron: 5mg



WASABI MAYONNAISE SAUCE

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1/2 tbsp wasabi powder
- 1 tsp water
- 3 tbsp mayonnaise

INSTRUCTIONS

1. In order to make a paste, you need mix the wasabi powder and water in a small bowl and mix well. Allow 1 minute to settle before adding the mayonnaise.

NUTRITION

Per Serving: 45 calories; protein 0.1g; carbohydrates 3g; fat 3.7g; cholesterol 2.9mg; sodium 80.1mg.

154



SWEET CHILLI MAYO

Time to Prepare: 02

Cook Time: 0

Total Time: 02

Serving: 4 People

minutes

minutes

minutes

EQUIPMENT

- Small Pot
- Tbsp (for measuring)
- Tsp (for stirring)

INGREDIENTS

- 6 tbsp Full Fat Mayo
- 4 tbsp Sweet Chilli Sauce (or as needed)

INSTRUCTIONS

1. 6 tbsp mayo, 2 tbsp sweet chilli, 6 tbsp mayo, 2 tbsp mayo, 6 tbsp mayo, 6 tbsp mayo, 6 tb Test the flavor and, if desired, add additional sweet chilli.
2. Cover and keep for up to three days in the refrigerator.

NOTES

1. Use these numerous variants to spice up your sweet chilli mayo -
2. Add a pinch of Chilli Flakes to make it spicy.
3. Add a squeeze of lime (or lemon) juice to make it zestier.

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4. Use sour cream instead of mayonnaise, but only half-mix.

MISO SESAME DRESSING

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1 1/2 tbsp miso paste
- 2 tbsp rice vinegar
- 1 1/4 tbsp honey
- 1 tbsp minced fresh ginger root
- 1 tbsp sesame oil
- 1 1/2 tsp lime juice
- 1 tsp toasted sesame seeds

INSTRUCTIONS

1. Whisk the miso paste and rice vinegar together in a mixing bowl until the mixture is smooth. Vinegar, honey, ginger, sesame oil, lime juice, and sesame seeds should be mixed together in a bowl before using.



NUTRITION

Per Serving: 69 calories; protein 0.9g; carbohydrates 7.7g; fat 4.2g; sodium 242.9mg **SWEET AND SOUR SAUCE**

Time to Prepare: 03

Cook Time: 05

Total Time: 08

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 1 tbsp cornstarch
- 1/4 cup of water
- 1/2 cup of cider vinegar *see note
- 1/2 cup of light brown sugar packed
- 1/4 cup of ketchup
- 1 tbsp soy sauce

INSTRUCTIONS

1. Mix all of the ingredients together while they are cooking in a saucepan of medium size over a medium heat.
2. To mix the ingredients, whisk them together.



3. Keep whisking continually as it heats up until it thickens into a sauce consistency. As it cools, it will thicken. Adjust the sweetness with sugar, the sharpness with vinegar, and the saltiness with salt.

NOTES

1. *This is a sour-sweet and sour sauce. Start with 1/4 cup of cider vinegar and add more as needed.
2. In an airtight container, keep for a week. After a few days, you may need to add more cider vinegar to keep the tanginess.

SIMPLE SPICY ALMOND BUTTER SAUCE

Time to Prepare: 03

Cook Time: 05

Total Time: 08

Serving: 4 People

minutes

minutes

minutes

158



INGREDIENTS

- 2 tbsp nut butter (sub sunflower seed butter for nut-free)

- 2 tbsp of coconut aminos (or sub low sodium gluten free soy sauce)
- 1 tbsp filtered water
- 2 tsp rice vinegar
- 1 tsp siracha (or more, as needed)
- 1/2 tsp sesame oil
- dash of sea salt

INSTRUCTIONS

1. In a mixing bowl, place all ingredients and whisk until smooth. Taste and adjust the amount of spice and salt to your liking.

PEANUT SAUCE

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 1 People

minutes

minutes

minutes

159

INGREDIENTS

- 1/2 cup of peanut butter natural, unsweetened
- 2 tbsp low sodium soy sauce use tamari or coconut aminos for gluten free
- 1 tbsp rice vinegar
- 2 tbsp brown sugar
- 2 tsp chili garlic sauce, more or less as needed
- 1 tbsp fresh lime juice
- 3 garlic cloves pressed or grated
- 1 tbsp ginger root grated
- 2-4 tbsp warm water

INSTRUCTIONS

1. Except for the water, mix all of the ingredients. To thoroughly mix the ingredients, whisk them together.
2. 1 tbsp at a time, add water until desired consistency is reached. I usually use 2 tablespoons for a sauce and up to 4 tablespoons for a dressing.

NUTRITION

Serving: 0.25 cups of | Calories: 226kcal | Carbohydrates: 15g | Protein: 9g | Fat: 16g | Saturated Fat: 3g | Sodium: 540mg | Potassium: 233mg | Fiber: 2g | Sugar: 9g | Vitamin C: 1.8mg | Calcium: 23mg | Iron: 0.8mg



Soups and drinks Recipes

MISO SOUP

Time to Prepare: 05

Cook Time: 15

Total Time: 20

Serving: 4 People

minutes

minutes

minutes

INGREDIENTS

- 2 tsp dashi granules
- 4 cups of water
- 3 tbsp miso paste
- 1 (8 ounces) package silken tofu, diced
- 2 green onions, sliced into 1/2 inch pieces diagonally

INSTRUCTIONS

1. Bring dashi granules and water to a boil in a medium saucepan over medium-high heat.

Turn the heat down to medium-low and add the miso paste slowly while constantly whisking.

2. Toss in the tofu. Separate the layers of green onions from the green onions and add them to the soup. Before serving, simmer for 2 to 3 minutes over low heat.



NUTRITION

Per Serving: 63 calories; protein 5.5g; carbohydrates 5.3g; fat 2.3g; sodium 513.1mg.

JAPANESE CLEAR SOUP

Time to Prepare: 05

Cook Time: 1 hour

Total Time: 1 hour

Serving: 10 People

minutes

05 minutes

10 minutes

INGREDIENTS

- 2 tsp sesame oil (or peanut oil)
- 8 cups of chicken broth
- 4 cups of beef broth
- 4 cups of water
- 1 peeled and sliced into wedges large sweet onion
- 6 cloves garlic, peeled and smashed
- 2 large carrots, cut into chunks
- 2-inch piece of fresh ginger, sliced
- 4 whole scallions, chopped
- 10 button mushrooms, sliced thin

162

- salt

INSTRUCTIONS

1. Over medium-high heat, place an 8-quart stockpot. Place the onion, garlic, carrots, and ginger in the pot with the oil. To caramelize the vegetables, sear them on both sides, being careful not to burn the garlic.
2. Mix the chicken broth, beef broth, and water in a large mixing bowl. Bring the water to a boil. After reaching a low boil, reduce the heat to a simmer and continue cooking for at least an hour.

3. Skimmer the vegetables out of the broth. Taste, then season with salt as required.

4. To serve: Pour the boiling soup into bowls and top with chopped scallion and sliced mushrooms.

NOTES

1. This soup is made several days ahead of time in restaurants to allow the flavors to meld. It's not just a delicious leftover, but it tastes even better the next day.

2. If you have time, prepare the soup ahead of time and reheat it before adding the scallions and mushrooms. To add depth to the flavor, add soy sauce as needed.

NUTRITION

serving: 1cup of, calories: 46kcal, carbohydrates: 5g, protein: 3g, fat: 1g, saturated fat: 0g, cholesterol: 0mg, sodium: 466mg, potassium: 360mg, fiber: 0g, sugar: 2g, vitamin a: 2405iu, vitamin c: 16.3mg, calcium: 35mg, iron: 0.8mg



MUSHROOM MISO SOUP

Time to Prepare: 03

Cook Time: 07

Total Time: 10

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 4-5 cups of water
- 3-4 large kombu pieces (dried thick seaweed)
- 1/2 cup of wakame (dried fine seaweed)
- 1 cup of mushrooms of choice*
- 1/2 cup of silken tofu, cubed
- 4-5 tbsp white shiro miso paste
- Sliced green onion, for garnish

INSTRUCTIONS

1. First, prepare the seaweed. If you have the time, soak the kombu in the cooking water for as long as possible. Soak your wakame for 5 minutes, or until soft, 2. in a separate cup of water.

3. Bring the kombu and boiling water to a boil in a medium saucepan. Allow the mushrooms to boil for another 2-3 minutes before turning off the heat.

4. Once the water has finished boiling, add the miso paste. Fill a soup ladle halfway with broth, then whisk in the miso paste with chopsticks before adding the rest of the soup.



You'll end up with lumps of miso paste in your soup if you don't add the miso paste gradually.

5. After adding the tofu and wakame to the pot, stir gently. To serve and enjoy, divide the soup into bowls and top with green onions.

NOTES

1. On Ingredients: Most of these ingredients may be found in a Japanese or Asian grocery shop, and they are generally less expensive. Remy and I used a mixture of enoki and shimeji mushrooms, but shiitakes or oyster mushrooms would also work well.

2. Miso Paste: If you're sensitive to soy, you may replace it with equal portions of brown rice or chickpea miso.

3. Reheating Leftovers: To keep the miso's probiotic qualities, cook your soup over high heat, but stop just before it boils. Before serving, you can add a bit more miso paste to the soup.

SALMON MISO SOUP WITH SESAME SUSHI

Time to Prepare: 15

Cook Time: 20

Total Time: 35

Serving: 06 People

minutes

minutes

minutes

165

INGREDIENTS

- 215g (1 cup of) Sun Rice Japanese Style Sushi Rice, rinsed
- 500ml (2 cups of) water
- 60ml (1/4 cup of) sushi seasoning
- 80g (1/2 cup of) sesame seeds, toasted
- 1L (4 cups of) vegetable liquid stock
- 2 tbsp miso paste
- 2 shallots, thinly sliced diagonally

- 2 tsp finely grated fresh ginger
- 2 tbsp soy sauce
- 2 x 200g pkts shelf-fresh udon noodles
- 1 tbsp vegetable oil
- 2 (about 400g) skinless salmon fillets
- 2 tbsp sesame seeds
- 1 nori sheet, shredded
- Wasabi paste, to serve
- Pickled ginger to serve

INSTRUCTIONS

1. In a saucepan, mix the rice and half of the water. Bring to a boil, covered, over high heat.

Reduce the heat to a low setting. Cook for 10 minutes or until the water has been absorbed completely. Allow 10 minutes for steaming. Place in a mixing bowl. Add the sushi seasoning and mix well. Allow cooling fully, stirring often. Roll rice tubs into oval shapes and cover with toasted sesame seeds on one side.

2. In a saucepan, mix the stock, remaining water, and miso paste. Bring the water to a boil.

Mix the shallot, ginger, and soy sauce in a mixing bowl. Reduce the heat to a low setting. To bring out the flavors, simmer for 5 minutes.

3. In a heatproof bowl, place the noodles. Fill the pot halfway with boiling water. Set aside for 1 minute or until the mixture is soft. Drain.

4. In a nonstick frying pan, heat the oil over high heat. To coat the salmon, roll it in more sesame seeds. Cook the fish on each side for two minutes, or until it is almost done. Allow cooling slightly before serving. Salmon should be sliced. Serve the noodles and soup in separate serving dishes. Add salmon and nori on the top. Sushi, wasabi, and pickled ginger are served alongside.

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JAPANESE NOODLE SOUP

Time to Prepare: 10

Cook Time: 20

Total Time: 30

Serving: 06 People

minutes

minutes

minutes

INGREDIENTS

BROTH:

- 4 garlic cloves
- 2-inch piece of ginger
- 12 cups of water
- 1/4 cup of soy sauce
- 1 1/4 tsp salt, as needed
- 1/2 cup miso paste (stir in at the end)
- REMAINING INGREDIENTS:
- 1 pound of rice noodles
- 1/2 pound parsnips (3 small or 1 large)
- 1 bunch of kale
- 1 block of tofu (1 lb.)

GARNISHES:

- Sprinkle with sesame seeds
- Dulse flakes

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- Sliced spring onions
- Thinly sliced radishes

INSTRUCTIONS

1. Garlic should be chopped, and ginger should be peeled and grated.
2. Mix all of the stock ingredients, except the miso, in a large pot. Bring to a boil, then lower to low heat.

3. Parsnips should be peeled and cubed. Toss in with the boiling broth. Cook for 10 minutes before serving.
4. While the parsnips are boiling, wash and rip the kale into bite-sized pieces. Tofu should be chopped into tiny chunks.
5. Add the greens, tofu, and noodles to the broth after 10 minutes of boiling. Turn off the broth and simmer the noodles until they are soft (about 6 minutes for rice noodles.) 6. Stir in the miso when the noodles have finished cooking.
7. Garnish with the garnishes and serve.

RAMEN NOODLE SOUP

Time to Prepare: 05

Cook Time: 10

Total Time: 15

Serving: 06 People

minutes

minutes

minutes

168

INGREDIENT

- 3 1/2 cups of vegetable broth
- 1 (3.5 ounces) package ramen noodles with dried vegetables
- 2 tsp soy sauce

- 1/2 tsp chili oil
- 1/2 tsp minced fresh ginger root
- 1 tsp sesame oil
- 2 green onions, sliced

INSTRUCTIONS

1. Mix broth and noodles in a medium saucepan. Bring to a boil, covered, over high heat, stirring to break up the noodles.

2. Reduce to medium heat and stir in the soy sauce, chili oil, and ginger. Cook for 10 minutes, uncovered. Toss in the sesame oil and top with green onions.

NUTRITION

Per Serving: 291 calories; protein 6.9g; carbohydrates 42.4g; fat 10.2g; sodium 1674.6mg.



HOT AND SOUR DUMPLING SOUP

Time to Prepare: 15

Cook Time: 15

Total Time: 30

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 3 tbsp safflower or canola oil

- 8 ounces fresh shiitake mushrooms, stemmed and thinly sliced (about 3 cups)
 - 2 tbsp minced fresh ginger
 - Kosher salt and pepper
 - 8 cups of low-sodium chicken broth
 - 6 ounces firm tofu, cut into matchsticks (1 cup)
 - 1/3 cup of low-sodium soy sauce
 - 2 ounces drained canned, sliced bamboo shoots, cut into matchsticks (1/3 cup)
 - 1/4 tsp ground white pepper (optional), + more as needed
 - 12 frozen pork gyoza or potsticker dumplings (about 8 ounces)
 - 1/4 cup of cornstarch
 - 3 tbsp distilled white vinegar
 - Thinly sliced scallions and fresh chiles (red Fresno or jalapeño) for garnish
- 170



INSTRUCTIONS

1. In the first step, bring the oil to heat in a large saucepan set over medium-high heat. Once the mushrooms and ginger have been added, add salt and pepper to taste. Cook, occasionally stirring, for 3 minutes, or until softened. Bring the broth, tofu, soy sauce, bamboo shoots, and white pepper, if using, to a boil over high heat, stirring constantly.

Cook for 5 minutes over medium heat, or until the dumplings are thoroughly cooked.

2. To make a slurry, mix 1/4 cup of water and cornstarch in a small mixing bowl. In a saucepan, mix the slurry and vinegar and cook for 2 minutes, or until the slurry is somewhat thickened. If desired, season with more salt and white pepper.

3. Serve the soup in bowls with scallions and chilies for garnish. Warm it up and serve.

YUZU COCKTAIL

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 01 People

minutes

minutes

minutes

INGREDIENTS

- 1 whole Yuzu (or 1 1/2 Tbsp yuzu juice)
- 2 ounces (60ml) Gin
- couple dashes of Vanilla Extract, optional
- 1/2 ounce (15ml) Simple Syrup, or as need

171



- dash of orange bitters, optional
- 2 ounces (60ml) of club soda

INSTRUCTIONS

1. Squeeze the yuzu into the cocktail mixer straight (it helps capture the most oils from the zest). 1/4 of the squeezed rind should be placed in the shaker.
2. In a cocktail shaker, mix the gin, vanilla extract (optional), simple syrup, and optional bitters. Shake for 15-20 seconds with ice.
3. Fill an old-fashioned glass halfway with ice, strain the drink over it, top with club soda, and gently mix. If desired,

garnish.

NUTRITION

calories: 151kcal, carbohydrates: 7g, protein: 1g, sodium: 13mg, potassium: 2mg, fiber: 2g, sugar: 1g, vitamin a: 50IU, vitamin c: 19mg, calcium: 23mg, iron: 1mg **POMEGRANATE, ORANGE, GINGER MOCKTAIL**

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 06 People

minutes

minutes

minutes

172

INGREDIENTS

- 1 medium orange
- 1 tsp grated ginger
- 1 cup of pomegranate juice, no sugar added
- 4 cups of sparkling water
- 1/4 cup of pomegranate arils optional, garnish

INSTRUCTIONS

1. Using a vegetable peeler, extract the orange zest. Make sure you don't scrape too far into the white stuff since it's bitter. Set aside a few pieces of zest for garnish and toss the remainder into a big pitcher.
2. In a pitcher, juice the orange and mix it with the zest. Mix the grated ginger (ginger snow), pomegranate juice, and sparkling water in a mixing bowl.
3. When ready to serve, give it a good swirl and strain before pouring it into ice-filled cocktail glasses. Serve the mocktail garnished with pomegranate arils and the orange zest that was set aside.

NOTES

You may substitute the sparkling water with champagne or prosecco to make this mocktail a full-fledged adult beverage.



STRAWBERRY ORANGE WATER

Time to Prepare: 05

Cook Time: 05

Total Time: 10

Serving: 01 People

minutes

minutes

minutes

INGREDIENTS

- 1 orange sliced

- 8-10 strawberries sliced
- 24 oz water

INSTRUCTIONS

1. In a 32 oz mason jar, mix all of the ingredients.
2. Cover and refrigerate for at least 30 minutes or overnight.
3. Refill with water and refrigerate for at least 30 minutes.
4. Repeat as needed.

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EASY CHERRY COBBLER

Time to Prepare: 05

Cook Time: 30

Total Time: 35

Serving: 08 People

minutes

minutes

minutes

INGREDIENTS

- 1 can (20 ounces) reduced-sugar cherry pie filling
- 1/4 tsp almond extract
- 2 cups of reduced-fat biscuit/baking mix
- 2 tbsp + 1 tsp sugar, divided
- 1/2 cup of fat-free milk
- 2 tbsp reduced-fat margarine, melted

INSTRUCTIONS

1. Mix pie filling and extract in a large mixing bowl; spread into a 9-inch deep-dish pie plate.

Bake for 10 minutes at 400°F, uncovered.

2. Meanwhile, mix the baking mix and 2 tbsp sugar in a bowl. Mix the milk and margarine in a separate bowl. Mix the liquid and dry ingredients until a soft dough forms.

3. Drop spoonfuls of dough over the hot pie filling. The remaining sugar should be sprinkled on top. Cover and bake

for 20-25 minutes at 400 degrees, or until golden brown.
Warm the dish before serving.

175



Vegetable/Vegan Sushi Recipes

CUCUMBER AND AVOCADO SUSHI

Time to Prepare: 35

Cook Time: 25

Total Time: 01

Serving: 06 People

minutes

minutes

hour

INGREDIENTS

- 1 1/4 cups of water
- 1 cup of uncooked glutinous white rice (sushi rice)
- 3 tbsp rice vinegar
- 1 pinch salt
- 4 sheets nori (dry seaweed)
- 1/2 cucumber, sliced into thin strips
- 1 avocado - peeled, pitted, and sliced

INSTRUCTIONS

1. A saucepan should be used to bring the rice and water to a boil. Cover and cook for 20

minutes, or until rice is soft and liquid has been absorbed. When you remove the saucepan from the heat, add the vinegar and salt. Allow cooling completely before serving.



2. To protect the rice from adhering to a bamboo sushi mat, cover it with plastic wrap. Cover the plastic with a piece of seaweed. Spread the rice out evenly on the sheet with your hands, leaving about 1/2 inch of seaweed at the bottom unfilled. Slice cucumber and avocado into strips and arrange them across the rice in the center. Lift the pad and roll the veggies over once before pressing down. To produce a lengthy roll, unroll the seaweed sheet and then roll again towards the exposed end. To aid in sealing, spritz with a bit of water. Set aside the nori sheets, rice, and fillings that are left.

3. To slice the rolls into 5-6 slices, use a sharp moist knife. Serve with your favorite sushi toppings, sliced side up.

NUTRITION

Per Serving: 171 calories; protein 3g; carbohydrates 28.7g; fat 5.1g; sodium 5.7mg.

AVOCADO SUSHI

Time to Prepare: 35

Cook Time: 15

Total Time: 50

Serving: 06 People

minutes

minutes

minutes

INGREDIENTS

- 1 avocado
- 1 cup of sushi rice
- 1 cup of water



- 1/2 tbsp brown rice vinegar
- 1 tsp salt
- 1 tsp sugar
- 1 nori sheet
- homemade pickled ginger

INSTRUCTIONS

1. First, wash the rice to remove any extra starch and keep the water clean.
2. Place the rice in a bowl and set it aside to cool. Mix in the salt, sugar, and brown rice vinegar once it has cooled.

3. Remove the pit from one avocado and cut it into slices. Remove the peel after that.
4. With the rice, make little buns.
5. Using a scissor, cut the nori sheet into strips.
6. Place the avocado slices and nori strips on the rice rolls (I simply split them apart to fit better on the rice). To make the nori cling together, moisten the ends of the nori.
7. Sushi tastes best when it's accompanied by pickled ginger. Enjoy!

SPICY CARROT LOX AND AVOCADO SUSHI

Time to Prepare: 30

Cook Time: 45

Total Time: 1 hour

Serving: 04 People

minutes

minutes

15 minutes

178

INGREDIENTS

For the sushi rice

- 1 cup of sushi rice
- 1 cup of water

- 1 tsp rice vinegar
- 1 tsp sugar
- 1/2 tsp salt

For the filling

- 1 cup of prepared carrot lox
- 1 TB vegan mayo
- 1 TB to 1 tsp sriracha
- 1/2 avocado, sliced
- 4 toasted nori sheets

INSTRUCTIONS

1. In order to make sushi rice, place the rice and water in a rice cooker, and then proceed to cook the rice in accordance with the guidelines provided by the manufacturer. Set aside to cool after seasoning with rice vinegar, sugar, and salt.
2. To make the filling, mix the vegan lox, vegan mayo, and sriracha in a mixing bowl.
3. Divide the cooled rice into four parts before assembling the buns. Wrap a sushi mat with plastic wrap or place it in a big Ziploc bag. Place one sheet of nori on the mat, shiny side down. Before spreading the rice evenly over the nori sheet, moisten your fingertips with water to prevent the rice from sticking to your fingers. Let around an inch of space exposed at the top of the sheet.
4. Divide the lox into four pieces. Form a thin line of lox down the side closest to you, with a couple of slices of avocado,

with the exposed end away from you. Roll the sushi away from you, firmly yet softly grasping the mat. Seal the end of the roll with water or a few grains of rice to help seal it. Cut the sushi in half using a very sharp knife (I scald the blade for a cleaner cut), each half into halves, then halves into halves to produce 8 pieces.

5. Repeat the technique to produce four rolls on a serving plate. If desired, top with soy sauce, wasabi, and pickled ginger.

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Dessert Sushi Recipes

FRUIT SUSHI (FRUSHI)

Time to Prepare: 15

Cook Time: 20

Total Time:35

Serving: 12 People

minutes

minutes

minutes

INGREDIENTS

- 1 cup of uncooked sushi rice
- 1/4 cup of granulated sugar
- 1/4 cup of light coconut milk
- 1/4 tsp salt
- 12 thin slices of kiwi
- 12 mandarin oranges
- 6 raspberries cut in half
- honey to use as glue optional

INSTRUCTIONS

1. Rinse the rice until it is completely clean. Allow 30 minutes for the rice to soak in a bowl of clean water. In a medium saucepan, bring 1 1/4 cup of water and rice to a boil. Cook for 15

minutes, covered, over a low heat, or until the water is almost evaporated. Remove from heat and set aside for 15 minutes, covered.

2. In a large mixing bowl, place the rice. Stir in the sugar, coconut milk, and salt until thoroughly combined. After covering, allow for a 20-minute rest period.

3. Hands should be lightly sprayed with cooking spray. Make 12 equal amounts of the rice mixture and roll it into a ball (about 2 tbsp of rice). Between your palms, lightly massage each rice ball into an oval; arrange ovals on a baking sheet coated with wax paper. One kiwi slice, one mandarin orange slice, and one raspberry slice go on top of every rice oval.

4. Brush the tops of the rice ovals with honey if the fruit does not readily attach to the rice.

Refrigerate frushi for at least one hour and up to eight hours.

NOTES

Little Helpers: The children may assist in the formation of the rice balls and the fruit decorating of the tops.

Make-Ahead: This recipe should be made at least 1 hour ahead of time to allow the rice to cool and stay together better.

NUTRITION

Calories: 138kcal | Carbohydrates: 32g | Protein: 2g | Sodium: 55mg | Potassium: 228mg | Fiber: 2g | Sugar: 15g | Vitamin A: 620IU | Vitamin C: 44.9mg | Calcium: 42mg | Iron: 0.5mg 181



MANGO SUSHI

Time to Prepare: 10

Cook Time: 30

Total Time:40

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 1/2 cup soaked rice

- 10 green grapes
- 2 cup milk
- 2 tablespoon water
- 4 large mango
- 4 strawberry
- 8 tablespoon sugar

INSTRUCTIONS

1. First, mix the milk, sugar, and rice in a medium-sized saucepan. Cook until the mixture thickens, constantly stirring to avoid lumps. After that, add some water to rehydrate it and give it one more stir. Take the pan from the heat and set it aside to cool.

2. After that, wash and peel the mangoes before slicing them into thin strips. Cut the grapes and strawberries into slices and keep them aside. Place the mango strips on a plate and



equally sprinkle the prepared rice mixture over them. After that, gently place the cut grapes and strawberries on top.

3. After that, gently roll the packed mango strips, covering every roll with cling wrap. Place all of the packed strips in the fridge for a while once they're done. Enjoy them while they're still cold!

CHOCOLATE SUSHI

Time to Prepare: 48

Cook Time: 2 hour

Total Time:03 hour

Serving: 06 People

minutes

20 minutes

05 minutes

INGREDIENTS

- Modeling Chocolate:
- 12 oz chocolate
- 2 oz corn syrup
- Sticky Rice:
- 1 cup of rice
- 2 cups of apple juice
- julienned seasonal fruits (to slice into thin strips the size of matchsticks) 183

INSTRUCTIONS

1. To make chocolate for modeling, In a double boiler, melt 12 oz chocolate, then add 2 oz corn syrup and stir thoroughly.
2. Refrigerate for 2 hours after wrapping in plastic.
3. In a pot, mix 1 cup rice and 2 cups apple juice. Bring the water to a boil.
4. Cook for 5 minutes before taking from the heat and setting aside.
5. Half of the modeling chocolate should be kneaded until it is malleable.
6. Roll out the paper as thin as possible.

7. If the chocolate is too hard to roll out, run your palm over it. It will warm up as a result, which will make it easier to spread out.
8. Cut the modeling chocolate into 2-1/2-inch broad strips once it has been flattened out.
9. Place sticky rice on top of chocolate, leaving a seam on one side.
10. On top of the rice, arrange your fruit.
11. Roll up tightly, ensuring that both sides have adhered to one another.
12. Refrigerate until ready to use.
13. Cut your rolls into 1-inch lengths with a sharp knife.
14. Place on a plate and top with a garnish.



BANANA SUSHI

Time to Prepare: 05

Cook Time: 0

Total Time:05

Serving: 01 People

minutes

minutes

minutes

INGREDIENTS

Sprinkles Sushi

- 1 banana
- 2 squares of dark chocolate
- 1 tbsp sprinkles

Chia Seed Sushi

- 1 banana
- 2 squares of dark chocolate
- 0.5 tbsp chia seeds

Coconut Sushi

- 1 banana
- 1.5 tbsp nut butter
- 1.5 tbsp shredded coconut



Rice Krispie Sushi

- 1 banana
- 1.5 tbsp nut butter
- 3 tbsp rice krispies

INSTRUCTIONS

1. Place the bananas on a plate or board after peeling them.
2. Melt the chocolate and pour it on top of the bananas for the Sprinkles and Chia Seed Sushi.

Place the sprinkles or chia seeds on top and refrigerate until they have set.

3. Spread the nut butter on the bananas' tops, then roll them in shredded coconut or rice krispies for the Coconut and Rice Krispie Sushi.

4. Serve immediately.

Modern-Day Sushi Variations

SUSHI BALLS (TEMARIZUSHI)- HALLOWEEN STYLE

Time to Prepare: 30

Cook Time: 20

Total Time:50

Serving: 16 People

minutes

minutes

minutes

186

INGREDIENTS

- 2 cups of Uncooked sushi rice
- 1 tsp Kombu dashi powder or 5cm Kelp piece
- 1/2 cup of Rice vinegar
- 1.5 tbsp sugar
- 1 tsp salt
- 1 slice smoked salmon thinly sliced

- 1 egg fried flat
- 1/4 small cucumber thinly sliced
- 1 small radish thinly sliced
- 1 tsp fish roe for toppings

INSTRUCTIONS

1. Cook the sushi rice in a pot or according to the directions on your rice cooker. Mix in the dashi powder or around 5cm of kelp over the rice before adding the water to boil it.
2. Rice vinegar, sugar, and salt should be cooked together until the sugar is dissolved in a small pot. Set aside.
3. Prepare the Jack-O-Lantern face by breaking up the nori sheets and cutting out two round nori sheets for the cat face with a 6.5cm diameter cookie cutter.
4. In a frying pan, crack the egg and fry it flat. Cut out two rounds with the 6.5cm diameter cookie cutter after cooling.
5. The radish and cucumber should be washed and finely sliced.
6. Pour the sushi vinegar over the rice once it's done cooking to flavor it.
7. Place your favorite topping in the center of a sheet of cling wrap once the rice has cooled slightly.
8. Place a third cup of rice on top of the topping, then close it together with cling film and lightly squash and form it into a ball.
9. Make more sushi balls with different toppings.

10. Place them on a serving plate after removing the cling film.
11. Decorate the jack-o-face lantern's with pre-cut nori using chopsticks or tweezers.
12. Make a cat face using mayonnaise. *2
13. Sushi balls with fish roe, radish, and cucumber 14. Serve with wasabi, soy sauce, and mayonnaise (optional).

NOTES

1. *The time it takes to cook the rice is not included in the total cooking time for this recipe.

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NUTRITION

Serving: 1sushi | Calories: 115kcal | Carbohydrates: 20g | Protein: 3g | Fat: 1g | Saturated Fat: 0g |

Cholesterol: 56mg | Sodium: 179mg | Potassium: 45mg | Fiber: 0g | Sugar: 1g | Vitamin A: 85IU |

Vitamin C: 0.2mg | Calcium: 12mg | Iron: 0.6mg

SUSHI DONUTS

Time to Prepare: 15

Cook Time: 20

Total Time: 35

Serving: 06 People

minutes

minutes

minutes

INGREDIENTS

- 3 cups of cooked sushi rice
- 6 prawns cooked and thinly sliced
- 6 smoked salmon fillets thinly sliced
- 1 egg fried and cut thinly
- 2 tbsp fish roe
- 2 tbsp sea grapes
- 1/2 tbsp black sesame seeds

- 6 mizuna leaves
- 6 cucumber thinly sliced

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- 2 tbsp sakura denbu

INSTRUCTIONS

- Cover the base of the donut mold with a cling wrap sheet.
- Distribute the rice evenly among the 6 donut molds (approximately 1/2 cup each) and flatten them into a donut form.
- Remove the doughnut molds from the rice.

- Take the cling film from the donut-shaped sushi rice and place it on a plate.
- Place prawns, salmon, egg, Mizuna leaves, cucumber, and fish egg (roe) on top, along with black sesame seeds and Sakura Denbu.

NUTRITION

Serving: 1 donut | Calories: 164kcal | Carbohydrates: 25g | Protein: 9g | Fat: 2g | Saturated Fat: 0g |

Cholesterol: 47mg | Sodium: 224mg | Potassium: 461mg | Fiber: 3g | Sugar: 4g | Vitamin A: 275IU |

Vitamin C: 9.8mg | Calcium: 66mg | Iron: 1.3mg

VEGAN SUSHI BURGER

Time to Prepare: 15

Cook Time: 20

Total Time: 35

Serving: 02 People

minutes

minutes

minutes

189

INGREDIENTS

- 2 cups of Sushi Rice uncooked

- 1 block Extra Firm Tofu pressed
- 2 tsp Cornstarch
- 3 tbsp Teriyaki Sauce
- 1 Avocado sliced
- 1/4 Large Cucumber sliced into ribbons
- 1/2 Mango julienned
- 1 sheet Nori cut into squares
- 1 tbsp Vegan Sriracha Mayo

INSTRUCTIONS

1. Cook your sushi rice first, then set it aside to cool to room temperature.
2. Prepare your tofu while the rice is cooking. Air fry your tofu for 12 minutes, rotating halfway through, after slicing it lengthwise and brushing it with corn starch. Set aside after brushing with teriyaki sauce.
3. Form the rice into four bun forms once it has cooled. You should wet your hands to prevent the rice from sticking to them. Make huge, thin buns out of the rice to make the burger simpler to consume! There's a chance you'll have some leftover rice.
4. Chop up your vegetables and mix all of the ingredients on a rice bun.
5. Enjoy it on its own or with a dollop of soy sauce!



SANDWICH SUSHI

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 01 People

minutes

minutes

minutes

INGREDIENTS

- Sliced sandwich bread
- Ranch Dressing
- Sliced Turkey Lunch Meat
- Cucumber
- Carrot
- String Cheese

INSTRUCTIONS

1. Cut the crusts off for every loaf and flatten it with a rolling pin to prepare your ingredients.

Make thin slices of carrot and cucumber using a vegetable peeler, then cut string cheese into strips with a knife.

2. Cover the entire slice of bread with ranch dressing.

3. On top of that, place a chunk of turkey. Ensure the entire slice of bread is covered, then fold the excess over.

4. Carrot, cucumber, and cheese should be layered on the turkey in a pattern. Then repeat the process once more.



5. Roll Cut off both ends of the bread to make them straight, then cut the bread in half to make two rolls from each piece.

6. That's it! Serve it with ranch or your favorite dipping sauce.

Sushi Bake

Time to Prepare: 20

Cook Time: 20

Total Time: 40

Serving: 06 People

minutes

minutes

minutes

INGREDIENTS

- 1 cup of rice Koshihikari or other short grain rice preferred
- 1/4 cup of rice vinegar
- 1/2 tbsp sugar
- 1 tsp salt
- 8 oz imitation crab shredded and chopped
- 1/2 cup of cream cheese room temp
- 1/2 cup of mayo kewpie mayo preferred
- 1/4 cup of furikake
- 1/2 cucumber sliced, to serve
- 1 avocado cubed, to serve
- 3 packages roasted laver aka Korean seaweed snacks, to serve 192

INSTRUCTIONS

1. Oven temperature: 425 °F. Sushi rice should be well rinsed and then allowed to drain for 15

minutes in a colander. Rice should be prepared in accordance with the instructions on the package or to your preferences. Rice vinegar, sugar, and salt are combined in a small sauce pan and heated over low heat until the sugar melts while the rice is cooking. Alternately, slightly heat the sugar in the microwave while stirring. Place aside.

2. Mix the mayo, cream cheese, and crab until well combined in a bowl. Place aside.
3. Transfer the finished rice to a large bowl. Sprinkle the vinegar mixture over the rice and, using a rice paddle or spatula, slice the vinegar into the rice to incorporate it. While mixing, fan the rice to gently dry it out.
4. In a baking dish suitable for the oven, spread the sushi rice, and sprinkle with half the furikake.
5. Add the crab and cream cheese mixture over top. Add the remaining furikake in a sprinkle.
6. Bake the casserole for ten to fifteen minutes, or until it is boiling and becoming brown on top and is fully cooked through.
7. Serve warm with toasted seaweed snack, cucumber slices, and avocado slices.

NOTES

1. 10-15 minutes in an oven set to 325°F, or 30 seconds to 1 minute in a microwave.



Side Dish Recipes

SANBAIZU TSUKEMONO (JAPANESE PICKLE)

Time to Prepare: 20

Cook Time: 0

Total Time: 20

Serving: 06 People

minutes

minutes

minutes

INGREDIENTS

- 4 Tokyo turnips
- 8 radishes
- 1 daikon
- 1 bunch of sea grapes
- 1 cup of shoyu (Japanese-style soy sauce)
- 1 cup of mirin (Japanese cooking wine)
- 1 cup of plain rice wine vinegar, not seasoned

INSTRUCTIONS

1. Collect the necessary ingredients.

2. Tokyo turnips and radishes should be quartered. Cut the daikon into quarters by cutting it crosswise into 1/2" coins. Toss gently with salt in a basin, then weigh them for about 20

minutes with a clean plate or similar flat kitchen item to remove excess moisture.

3. To prepare the sanbaizu brine, mix the shoyu, mirin, and rice wine vinegar.



4. Drain the veggies after draining the salt. Clean the sea grapes by rinsing them. Mix the salted vegetables, sea grapes, and sanbaizu brine in a large mixing bowl.

5. Marinate for at least three days before serving in the refrigerator.

JAPANESE SEAWEED SALAD (WAKAME)

Time to Prepare: 10

Cook Time: 0

Total Time: 10

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 50 grams (1.7 ounces) of dried wakame seaweed
- 3 tbsp reduced-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp mirin
- 1 tsp sugar
- 1 tsp grated ginger
- 1/2 tsp grated garlic
- 1 tbsp toasted sesame oil
- 1/4 tsp red pepper flakes
- 1 baby cucumber (skin on), very thinly sliced
- 1/2 tsp toasted white sesame seeds

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- 1/2 tsp black sesame seeds

INSTRUCTIONS

1. Cover a medium-sized bowl halfway with water and add the seaweed. Allow for rehydration for 10 minutes.
2. Prepare the dressing while the seaweed is soaking: Whisk together the soy sauce, rice vinegar, mirin, sugar, ginger,

garlic, sesame oil, and red pepper flakes in a separate medium-sized mixing bowl. Set aside.

3. After the seaweed has been rehydrated, drain it in a strainer and thoroughly rinse it. If required, squeeze the seaweed to remove as much moisture as possible.
4. Toss the seaweed, cucumber slices, and sesame seeds in the dressing and fully coated.
5. After covering, placed in the fridge for 30 minutes to an hour.
6. Garnish with more sesame seeds when ready to serve.

NOTES

1. Most seaweed salads contain many types of seaweed, so pick the one that appears to be the most excellent fit for your meal.
2. After rehydrating the seaweed, make sure to drain it well.
3. Make it spicier by adding extra chili flakes.
4. If you can't locate precut seaweed, simply rehydrate the seaweed and cut it into strips yourself.
5. The seaweed should be soft, delicate, and somewhat lighter in color after properly rehydrated.

NUTRITION

Serving Size: Calories: 62 Sugar: 3.3 g Sodium: 515.4 mg Fat: 3.7 g Carbohydrates: 5.8 g Protein: 1.6 g Cholesterol: 0 mg



GRILLED JAPANESE EGGPLANT

Time to Prepare: 05

Cook Time: 25

Total Time: 30

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 8 Japanese eggplants
- 4 Tbsp Extra Virgin Olive Oil
- Sea salt & freshly ground black pepper as needed
- 1 bunch of fresh basil

INSTRUCTIONS

1. Grill eggplants for 8-10 minutes, or until thoroughly soft, after piercing them with a fork.

Immerse yourself in an ice bath and rest for a few minutes. When the eggplants are cool enough to handle, peel them from the stem down and lay them whole in a sauté pan with olive oil, salt, and pepper.

2. A preheated oven should be set at 325 degrees Fahrenheit, and the pan should be left open for 10 minutes.

3. Place the eggplant on a large plate and top with fresh basil.



EDAMAME

Time to Prepare: 05

Cook Time: 25

Total Time: 30

Serving: 02 People

minutes

minutes

minutes

INGREDIENTS

- 2 cups of frozen or fresh edamame in pods

- 6 cups of water
- 1 tbsp salt

INSTRUCTIONS

1. The first step is to bring a large pot of water to a boil, then add a pinch of salt. Cook for 5

minutes, or until the edamame are soft and easy to extract from their pods.

2. Drain well and mix with kosher salt or fleur de sel as a finishing salt. Warm or cold serving options are available.

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JAPANESE FRIED RICE (YAKIMESHI)

Time to Prepare: 10

Cook Time: 05

Total Time: 15

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 1 tbsp vegetable oil
- 2 cloves garlic (minced)
- 1 small leek or onion (finely chopped)
- 1 small carrot (finely chopped)
- 300 grams 1-2 days old cooked Japanese rice that was kept in the fridge
- 1 cup of lettuce (shredded)
- 2 large eggs (whisked)
- 1 tbsp soy sauce
- salt and ground white pepper (as needed)



INSTRUCTIONS

1. Cook for 30 seconds over high heat in a wok or big pan with oil and garlic.
2. Cook for 1-2 minutes, or until the onions and carrots are cooked but still have some crispiness.
3. Stir in the cooked rice and lettuce until the contents are well distributed throughout the rice.
4. Push the rice to the side and add the eggs. Stir and break the eggs with your spatula as needed until they're almost done.
5. Mix the eggs, fried rice, and soy sauce in a mixing bowl.

6. Salt and pepper to taste, then toss until the sauce and seasonings are evenly distributed throughout the fried rice.

7. Take the pan from the heat and serve.

NUTRITION

Serving Size: Calories: 183, Sugar: 3 g, Sodium: 191 mg, Fat: 4.4 g, Saturated Fat: 1.4 g, Carbohydrates: 29.3 g, Fiber: 1.5 g, Protein: 6.1 g, Cholesterol: 94.8 mg **SPINACH OHITASHI (JAPANESE SPINACH SALAD IN DASHI)** Time to Prepare: 05

Cook Time: 40

Total Time: 45

Serving: 04 People

minutes

minutes

minutes

200

INGREDIENTS

- 200ml dashi (or vegan dashi)
- 20ml (4 tsp) soy sauce
- 20ml (4 tsp) mirin
- 200g spinach
- pinch of salt

- bowl of ice-cold water
 - bonito flakes to garnish (Vegetarians/vegans may substitute sesame seeds)
- INSTRUCTIONS

1. Pour 200ml dashi, 20ml soy sauce, and 20ml mirin into a saucepan to produce happo dashi.

2. Placed it on the stove and let it cook until it starts to boil.

3. Allow for 1-2 minutes of boiling time before turning off the heat. Allow for cooling to room temperature.

4. After your happo dashi has cooled, start a fresh pot of water with a pinch of salt. Next to it, prepare a bowl of ice-cold water.

5. When the water is boiling, take your spinach and hold it at the leaves. Submerge the stalks in the boiling water for 30 seconds and then extract them. (Hold it with tongs to avoid getting burned.)

6. After 30 seconds, add the remaining spinach to the boiling water and cook for another 30

seconds.

7. Take the spinach from the heat and immediately place it in a bowl of ice-cold water.

8. Remove the spinach from the water and squeeze out as much liquid as possible.

9. Place the spinach in a container/Tupperware and cut it into 4-5cm (about 2 inches) length pieces.

10. Fill the container halfway with happo dashi. Before serving, refrigerate for at least 30

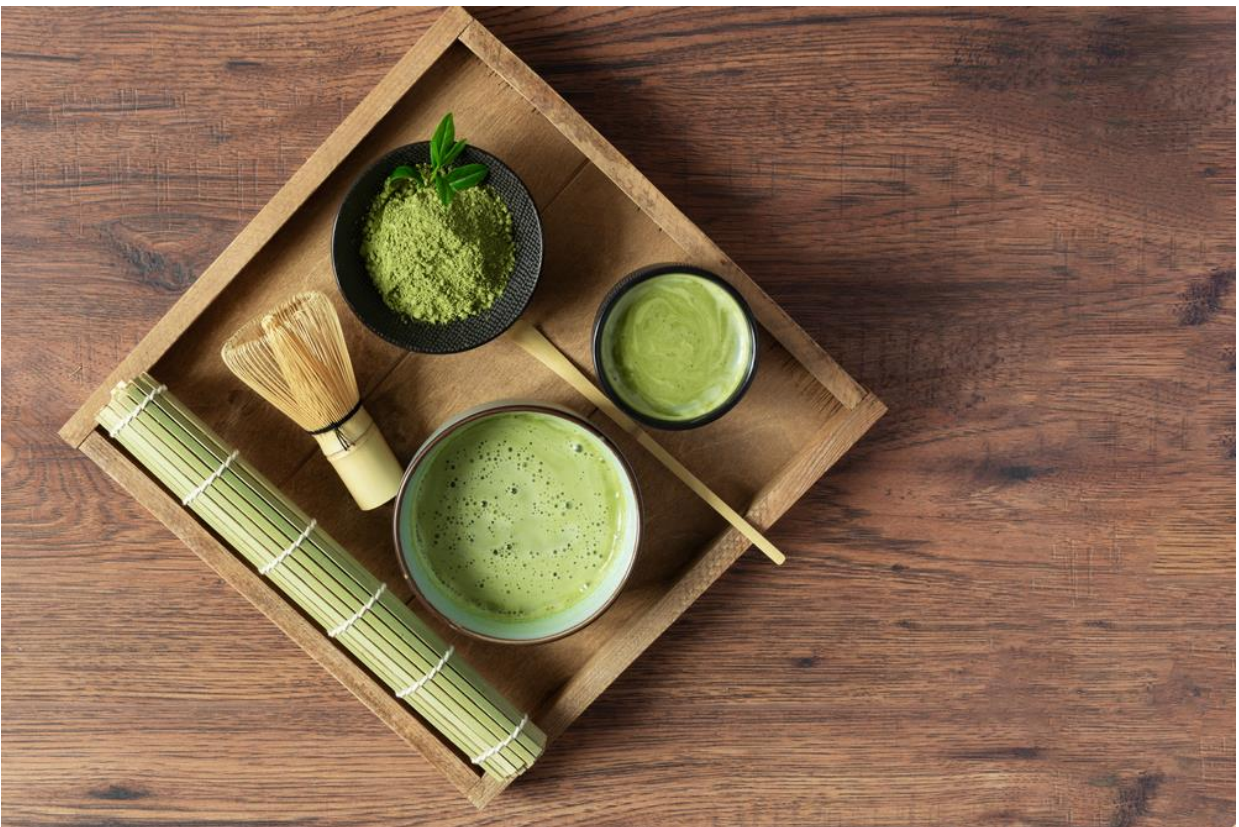
minutes.

11. Enjoy as a side dish with Japanese-inspired meals!

NOTES

1. Before using leftovers, keep them refrigerated for up to 3 days.

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JAPANESE GREEN TEA

Time to Prepare: 05

Cook Time: 0

Total Time: 05

Serving: 01 People

minutes

minutes

minutes

INGREDIENTS

- 3/4tsp matcha green tea powder*
- 2 ounces (1/4 cup of) cool filtered water
- 6 ounces (3/4cup of) hot water (175 to 180°F)
- 1 tsp honey or maple syrup, optional

INSTRUCTIONS

1. Fill a spouted bowl or a glass liquid measuring cup halfway with matcha. Whisk in a little cool water to make a paste out of the matcha. Add the remaining chilled water and whisk quickly back and forth for 20 to 30 seconds, or until a thick frothy layer emerges. (Avoid whisking in a circular pattern for the best foam.) Shake matcha powder and cool water together in a container until frothy.

2. In a cup, combine the hot water and honey. Pour the frothy matcha into the mug, swirl gently, and taste to see if the sweetness needs to be adjusted.



SPICY KANI SALAD

Time to Prepare: 15

Cook Time: 15

Total Time: 30

Serving: 08 People

minutes

minutes

minutes

INGREDIENTS

- 14 ounces Kani, imitation crab meat

- 1 medium carrot
- 1 large English cucumber
- 1 ripe mango
- 1/2 cup of Japanese mayonnaise
- 2 tbsp Sriracha
- 1 tsp soy sauce
- 1 tbsp lemon juice
- 1/2 tbsp lemon zest
- salt
- ground pepper

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INSTRUCTIONS

1. Carrots should be peeled. The cucumbers should be cut in half and then into thin strips.

Peel and chop the cucumbers in half (or use matchstick carrots). Take out the seeds.

Cucumber should be cut into long, thin strips.

2. By gently pushing the ends of the crab sticks to loosen the strips, shred the crab sticks by hand, and then peel the crab into strips.

3. The ripe mango should be peeled. Cut into tiny pieces until the center is gone. It is necessary to repeat the process

on the other side of the core. Stack the slices and cut them into strips.

4. Mix the cucumber, carrots, crab, and mango in a large mixing bowl.

5. Mix the mayonnaise, Sriracha, soy sauce, lemon juice, and zest in a mixing bowl.

6. Season the salad to taste with salt and pepper, then stir to mix.

7. Serve right away or store in the refrigerator until ready to eat.

NOTES

1. Kani Salad may be made up to 3 days ahead of time and kept refrigerated in an airtight container.

NUTRITION

calories: 169kcal, carbohydrates: 14g, Protein: 3g, Fat: 11g, saturated fat: 2g, cholesterol: 11mg, Sodium: 416mg, potassium: 119mg, Fiber: 1g, sugar: 6g, vitamin a: 1590IU, vitamin c: 12mg, calcium: 11mg, iron: 1mg



TERIYAKI TOFU

Time to Prepare: 05

Cook Time: 10

Total Time: 15

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- One 14 ounces (396g) package of firm tofu, drained and rinsed
- 2 tblsp canola or grapeseed oil (or other high flashpoint oil)
- 2 tblsp soy sauce
- 2 tblsp sake or dry vermouth
- 2 tblsp brown sugar
- 2 tsp rice vinegar
- 1/2 medium red onion, diced
- Chopped cilantro, to garnish

INSTRUCTIONS

1. To drain excess water, pat the tofu dry using paper towels. Cut the cubes into 1-inch cubes.

2. Heat the oil in a big skillet over high heat. After the oil has heated up, gently add the tofu in a single layer (hot oil may splatter). Sear every side for 2-3 minutes, or until at least 2-3

sides are brown and crisped, turning gently and as little as required.



3. Reduce the heat to medium-low and gently add the tofu to the pan with the soy sauce, sake (or vermouth), brown sugar, and rice vinegar. Add the red onion and mix well. Before turning off the heat, cook for 30 seconds.

4. Serve heated or at room temperature, garnished with cilantro.

JAPANESE POTATO SALAD

Time to Prepare: 10

Cook Time: 30

Total Time: 40

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

- 3 medium Russet potatoes
- 2 tbsp Italian salad dressing
- 1 1/2 cups of English cucumbers, seeded and partially peeled
- 1/4 cup of white onion, thinly sliced about 1/4 small onion
- 3 - 4 slices of ham
- 5 tbsp Japanese mayonnaise or regular mayonnaise
- salt and pepper as needed

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INSTRUCTIONS

1. Potatoes should be peeled and sliced into 1-inch pieces. In a large pot or saucepan, place the potatoes, cover with water, and bring to a boil. Reduce the heat to low heat and cook the potatoes for 15 to 20 minutes. When a knife or fork can easily puncture the potatoes, they are done.
2. Placed the potatoes back in the pan and cook them over medium heat for a minute or two to get rid of any extra liquid. Don't let the potatoes burn, and they're done when the edges of the potatoes start to get white powdery. Place the potatoes in a large mixing bowl and sprinkle the Italian salad dressing over them.

3. Cut the ham into thin pieces while the potatoes are cooking. Cucumbers should be seeded and slightly peeled (leaving some green peel for color), then thinly sliced.

4. Thinly slice the onion and season with a good amount of salt. Allow the salted onions to rest for about 10 minutes after massaging them. After rinsing the onions with water, squeeze them.

5. Allow a few minutes for the potatoes to cool before serving. The ham, cucumbers, onion, and mayonnaise are then added. To taste, season with salt and pepper. Mix vigorously until all of the ingredients are covered with mayonnaise. By now, the potatoes should be lovely and creamy!

6. Before serving, refrigerate the dish.



JAPANESE CHICKEN WINGS

Time to Prepare: 15

Cook Time: 45

Total Time: 1

Serving: 06 People

minutes

minutes

hour

INGREDIENT

- 3 pounds of chicken wings

- 1 egg, lightly beaten
- 1 cup of all-purpose flour for coating
- 1 cup of butter

Sauce

- 3 tbsp soy sauce
- 3 tbsp water
- 1 cup of white sugar
- 1/2 cup of white vinegar
- 1/2 tsp garlic powder, or as need
- 1 tsp salt

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit (175 degrees C).



2. Wings should be cut in half, dipped in egg, and then flour.
3. In a large, deep-pan, melt butter over medium-high heat. Fry the wings until they are a rich brown color. In a small roasting pan, place the chicken.
4. Mix soy sauce, water, sugar, vinegar, garlic powder, and salt in a small bowl. Pour the sauce over the wings.
5. Bake for 30-45 minutes in a preheated oven, basting wings with sauce often.

NUTRITION

Per Serving: 675 calories; protein 18.9g; carbohydrates 51.4g; fat 44.3g; cholesterol 158.2mg; sodium 1112.5mg.

JAPANESE COLESLAW

Time to Prepare: 10

Cook Time: 10

Total Time: 20

Serving: 04 People

minutes

minutes

minutes

INGREDIENTS

Coleslaw mix:

- 2 1/2 cups of thinly sliced cabbage
- 1/2 cup of thinly julienned carrots
- 1 stalk spring onion, thinly sliced

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**Dressing:**

- 3 tbsp rice wine vinegar
- 1 tsp sugar
- 2 tsp light soy sauce
- 1 tsp canola oil

Toppings:

- 3 tbsp toasted sesame seeds
- 1/4 cup of katsuobushi/bonito flakes

INSTRUCTIONS

1. Mix all dressing ingredients in a mixing bowl.

2. In a mixing bowl, mix the coleslaw mix and the dressing, then toss to coat.

3. Serve garnished with sesame seeds and bonito flakes.

CHICKEN KATSU SUSHI

Time to Prepare: 1

Cook Time: 40

Total Time: 1 hour

Serving: 04 People

hour 15 minutes

minutes

55 minutes

210

INGREDIENTS

Chicken Katsu

- 1/2 Chicken breast sliced into strips and hammered flat
- 1/2 Cup of milk
- 1 Egg scrambled
- 1/4 to 1/2 Cup rice flour
- 1 Cup panko breadcrumbs
- Peanut oil to fry

Spicy Mayo

- 1/4 Cup mayo
- 2 Tbsp sriracha
- Cayenne pepper sprinkle

Sushi Rice

- 2 Cups white rice cooked
- 1/3 Cup seasoned rice vinegar
- 1 Tsp white sugar
- 1, 3 Inch piece of KombuSalt sprinkle
- Pepper sprinkle

Others

- 2 Small avocados or 1 large sliced
- Sushi - nori wraps [4]

INSTRUCTIONS

1. Once the chicken has been pounded flat, combine it with milk, salt, and pepper in a bowl.

Let marinate for an hour.

2. Place the rice flour, scrambled eggs, and panko breadcrumbs in each bowl (you'll need 3; one for each).

3. Place the egg dish in the refrigerator for now.

4. Combine your mayo, sriracha, and a dash of cayenne pepper on a small plate. Combine well, then chill in the refrigerator.

5. Rice vinegar, white sugar, and a pinch of salt should all be placed in another small dish. Stir everything together, then save for later use. [It's okay if the sugar doesn't completely dissolve!]

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6. Clearly wash the rice. After washing, lay your Kombu on top and continue cooking the rice until done.

7. Cook your chicken katsu while your rice is prepared. To achieve this, cover the sliced chicken with rice flour once it has been drained from the milk. Dip into the egg mixture after that, and then coat with panko.

8. Cook your chicken katsu till golden brown in a pan with a tiny touch of peanut oil. After cooking, remove the chicken from the pan and place it on paper towels to drain.

9. A large glass 9x13-inch pan is ideal for this recipe; once the rice is done cooking, move it to the pan and pour the vinegar mixture over it, gently chopping and tossing the rice to integrate the vinegar. The rice can cool as a result of this.

NOTE

1. When the rice is completed, it will have started off shining but will have turned sticky and drab.

2. When the rice is finished, it's time to roll your sushi!

3. Shiny side down, lay the nori paper on your sushi mat.

4. Place 1/2 cup of rice per roll.

5. Just a bit more than two thirds of the nori paper should be uniformly spread to the edges.

The remaining nori should be placed in the rice facing away from you.

6. This will help your sushi stay together and prevent it from turning into a swirl rather than a roll.

7. Next, equally distribute the chicken and avocado pieces over the bread.

8. You want to get the initial wrap to cover your fillings, so make careful to arrange them at the beginning of the roll.

9. Pinch your ingredients together as you tightly roll your sushi.

10. While you finish the others, place the wrapped items in the refrigerator to firm up. Slice the firmed dessert and serve it with the hot mayo.

Conclusions

This Sushi cookbook is a great way to learn how to make sushi. This sushi Cookbook has pictures and step-by-step instructions on how to make different types of sushi. It is nice to look up specific techniques or ingredients, especially if you are unsure how they are used in sushi-making. The best part is that once you know how to make basic sushi, you can start experimenting with your variations!

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The End

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