



Akemi
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Sushi

Cookbook for Beginners

Tasty and Traditional Recipes to Make your Favourite
Japanese *Sushi* and *Sashimi* at Home with a
Step-by-Step Process



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TABLE OF CONTENTS

INTRODUCTION

SUSHI: THE MOST FAMOUS JAPANESE FOOD

[Sushi history](#)

[Sushi Types](#)

[Nutrition Facts of Sushi](#)

[Preparing Sushi at Home](#)

[Interesting Facts about Sushi](#)

SUSHI EQUIPMENT; WHAT DO YOU NEED?

[The Tools](#)

COMMON INGREDIENTS, SELECTION, AND STORING

[Nori \(roasted seaweed pieces\)](#)

[Sushi rice](#)

[Rice vinegar](#)

[Kombu](#)

[Sake](#)

[Fish](#)

[Seafood](#)

[Vegetables](#)

[Eggs](#)

[Fruits](#)

[Roe](#)

NIGIRI SUSHI RECIPES

1. [Fresh Tuna Nigiri Sushi](#)

2. [Salmon Nigiri Sushi](#)

3. [Shrimp Nigiri](#)

- [4. Scallop Nigiri](#)
- [5. Avocado Nigiri](#)
- [6. Tasty Hamachi Nigiri](#)
- [7. Cucumber Nigiri](#)
- [8. Healthy Carrot Nigiri](#)

GUNKANMAKI SUSHI RECIPES

- [9. Salmon Roe \(Ikura\) Gunkanmaki](#)
- [10. Minced Tuna and Scallion \(Negitoro\) Gunkanmaki](#)
- [11. Lemony Crabmeat Gunkanmaki](#)
- [12. Buttery Corn Gunkanmaki](#)
- [13. Corn and Tuna with Mayo Gunkanmaki](#)

INARI SUSHI RECIPES

- [14. Traditional Japanese Inari Sushi](#)
- [15. Delicious Sesame Inari Sushi](#)
- [16. Traditional Japanese Inari Fast-Food](#)

CHIRASHI SUSHI RECIPES

- [17. Vegetable Chirashi \(Gomoku Chirashi\)](#)
- [18. Deluxe Sashimi Chirashi \(Kaisen Chirashi\)](#)

TEMAKI SUSHI RECIPES

- [19. Traditional Hand-Rolled Sushi](#)
- [20. Salad Temaki](#)
- [21. Beef with Lettuce Temaki](#)

MAKI RECIPES

- [22. Surimi Maki](#)
- [23. Sake Maki \(Salmon\)](#)
- [24. Tekka Maki \(Tuna\)](#)
- [25. Kimchi Maki](#)

SASHIMI RECIPES

- [26. Miso Soy Tuna Sashimi](#)
- [27. Chive Soy Tuna Sashimi](#)
- [28. Salmon Sashimi](#)
- [29. Ginger Salmon Sashimi](#)
- [30. Healthy Tuna Sashimi](#)
- [31. Sea Bass Sashimi](#)
- [32. Delicious Tuna Sashimi](#)

SUSHI SOUP & SALAD RECIPES

- [33. Healthy Sushi Salad](#)
- [34. Veggie Sushi Roll Salad](#)
- [35. Simple Sushi Salad](#)
- [36. Shrimp Sushi Salad](#)
- [37. Simple Sushi Rice Salad](#)
- [38. Sushi Shiso Salad](#)
- [39. Sushi Salad with Sauce](#)
- [40. Sushi Salmon Salad](#)
- [41. Sushi Rice Soup](#)
- [42. Miso Soup](#)

SOME TRADITIONAL JAPANESE OSHI SUSHI RECIPES

- [43. Oshi Sushi Mackerel](#)
- [44. Japanese Oshi-Sushi with Western Touch](#)

SOME DELICIOUS JAPANESE CHIRASHI SUSHI RECIPES

- [45. Traditional Japanese Chirashi Sushi Mix](#)
- [46. Japanese Chirashi Sushi Rice Salad](#)
- [47. Delicious Japanese Crab Chirashi Sushi](#)
- [48. Quick and Easy Japanese Chirashi Sushi](#)

SOME DELICIOUS CHICKEN, TURKEY, HAM, AND FISH SUSHI RECIPES

- [49. Delicious Chicken Teriyaki Sushi Roll](#)
- [50. Tasty Leftovers Sushi Rolls](#)
- [51. British Chicken Sushi Roll](#)
- [52. Delicious Ham and Cheese Sushi Roll](#)
- [53. BBQ Hamburger Sushi Roll](#)
- [54. Famous California Crab Sushi Roll](#)
- [55. Delicious Smoked Salmon Sushi Roll](#)
- [56. Tangy Tuna Salad Roll](#)

DESSERTS RECIPES

- [57. Sushi sweet](#)
- [58. Sweet Sushi](#)
- [59. Sweet Sushi With Fruits](#)
- [60. Rice Pudding](#)
- [61. Banana Maki Sushi](#)
- [62. Summer Sushi](#)
- [63. Sushi Cake](#)
- [64. Cucumber Sushi](#)

VEGETABLE SUSHI RECIPES

- [65. Avocado Cauliflower Sushi](#)
- [66. Avocado Peanut Sushi](#)
- [67. Avocado Cucumber Sushi](#)
- [68. Avocado Cream Cheese Sushi](#)
- [69. Simple Wasabi Cucumber Avocado Sushi](#)
- [70. Healthy Cucumber Avocado Sushi Roll](#)
- [71. Bell Pepper Avocado Sushi Roll](#)
- [72. Avocado Cucumber Zucchini Sushi Rolls](#)

- [73. Lentil Vegetable Sushi](#)
- [74. Healthy Veggie Sushi Rolls](#)
- [75. Pear Cucumber Sushi](#)
- [76. Healthy Vegetarian Sushi](#)
- [77. Vegetable Quinoa Sushi Rolls](#)
- [78. Asian Sushi Rolls](#)
- [79. Veggie Cream Cheese Sushi](#)
- [80. Sweet Potato Sushi](#)
- [81. Miso Carrot Sushi](#)
- [82. Cucumber Mango Sushi](#)
- [83. Mix Vegetable Sushi](#)

STAPLES AND SAUCES

- [84. Japanese Egg Omelet](#)
- [85. Ginger Dressing](#)
- [86. Spicy Mayonnaise Sauce](#)
- [87. Sweet Eel Sauce](#)
- [88. Ponzu Sauce](#)
- [89. Tempura Batter](#)
- [90. Tempura Dashi Sauce](#)
- [91. Pico de Gallo](#)
- [92. Spicy Mango Sauce](#)
- [93. Wasabi Mayonnaise Sauce](#)
- [94. Sweet Chili Mayonnaise Sauce](#)

OTHER SUSHI RECIPES

- [95. Korean-style Nigiri Sushi](#)
- [96. Pesto Sushi](#)
- [97. Shrimp Sashimi Sushi](#)
- [98. California Sushi Rolls](#)

- [99. Tuna Sushi](#)
- [100. Maki Sushi](#)
- [101. Black Rice Sushi](#)
- [102. Mango Sushi](#)
- [103. Sushi Burritos](#)
- [104. Sushi Cones](#)
- [105. Asparagus Gunkan Sushi](#)
- [106. Sushi Cake](#)
- [107. Gazpacho Sushi Roll](#)
- [108. Battleship sushi](#)
- [109. Oshi bagel Sushi](#)

CONCLUSION

INTRODUCTION

Sushi developed as a means of storing both rice and fish layers of rice and salmon preserved for up to months. This was the oldest forms of sushi, dating back to about the 8th century. This is much less popular now; rather than being permitted to ferment gradually, sushi rice is vinegar. Even the mixture of vinegar rice with either eggs, onions, or raw or fried fish is simply sushi. The first modern sushi is compressed, made in a storage container with a lower side of rice and an upper surface of fish and measured. Nigiri sushi was developed in the middle of the 19th century as a type of ready meals and as a consequence of rice scarcity and food shortages, gained prominence during the Second World War. Sashimi is fresh fish or brined fish without rice.

In basic words, Bento is a single-serving, prepared lunch already cooked and ready for savouring, carried by the eater. Traditionally, Bento serves as the base starch pasta or rice, followed by a nutrient or two such as fish, eggs, or beef. With a selection of marinated and fried vegetables, and a few pieces of fruits, these two main focus points are accentuated, making a conveniently prepared meal for healthier living away from home. Advanced Bento, such as the addition of burgers, milk, dessert, green lettuce and roast potatoes, would draw influence from the western world.

Sushi has many health benefits. The salmon in sushi is cognitive food in which Omega3 fatty acids nurture, and repair brain cells to help calm the mind, sustain attention and systems performance, as fish is also highly nutritious. Fish oils could assist with more severe symptoms, such as psychosis and schizophrenia disorders, by eating rice frequently. Vitamin B12, which maintains the brain 'pleased' and staves off periods of depression, anxiousness and brain fog, is also significant in fish. Sushi is a famous and successful source of antioxidants that slows down the damage caused by cells, inhibits perpetual skin oxidative stress and slows down total ageing. These acids maintain the skin's cellular structure, help

to keep cells youthful, both internal and external and are essential to anti-aging foods.

There are many types of sushi and Bento. The most common and famous types are described in the book. “Sushi and Bento Cookbook” has four chapters with all relative and vital information about sushi and Bento. Chapter one is about sushi, sushi history, sushi types, nutritional information, preparing it at home and interesting facts. Chapter two has all information about Bento, history, types, nutritional information, preparing it at home and interesting facts. Chapter three contains delicious Japanese sushi recipes. In chapter four, you will get traditional bento recipes to make your lunch colourful and flavorful. Lastly, the conclusion will give you an overview of sushi and Bento.

SUSHI: THE MOST FAMOUS JAPANESE FOOD



Sushi is probably the world's most popular Japanese cuisine. Any meal made with vinegar rice is known as sushi. Many forms of fish are used in sushi dishes, but you can produce sushi without using any seafood or fresh fish. Because the ocean covers Japan, both seafood and rice have always been commonly eaten. Originally, sushi was preserved fish with rice stored in salt, and this became a standard dish for a thousand years in Japan before the development of modern sushi in the Edo Era. The name "sushi" means "this is sour", which represents the roots of sushi being stored in salt. To be a kind of junk food, current sushi was created and retained so to this day.

Sushi evolved by pickling it in rice as a way of storing food. Many people presume it is Japanese, but in the 2nd century AD, this was first used in China. It was not until the 8th and 9th centuries that it entered Japan. This processed rice was initially eaten, and the fish was cooked, which became a perfect protein source, and the salmon was full of Omega-3 fats. This was the Japanese who along with rice, chose to consume the tuna, which had become seisei sushi.

In Japanese food, this modern method of eating fish was no more restoration, but the latest dish. With several new styles of sushi being developed, sushi is becoming more and more popular around the world. Sushi is a global cuisine today, with sushi restaurants and sushi fast food places all around the globe. In Japan, sushi is consumed commonly on special occasions. Sushi can currently be described as a rice-containing dish cooked with sushi vinegar.

Sushi history

Sushi has been there, but not in its current form, for a more extended period. The fascinating story of the evolution of a basic meal is the background of sushi. In China, in the third century A.D, everything that was to become sushi was first described. Sushi initially emerged from a means of storing rice. Fish was put in rice and left to ferment, and for some time allowed a person to keep the seafood tasty. The rice was tossed away, and when necessary or desired, the fish was consumed. The process expanded across China and had found its way to Japan by the 7th century, where sushi has traditionally been a specialty. The Japanese took the thought further, as well and started consuming the rice with the tuna. The dish was initially cooked in much the same way. Nevertheless, Matsumoto Yoshi chi of Edo began mixing the rice wine vinegar with rice at the beginning of the eighteenth century, thus making his “sushi” for selling purpose.

A man named Hanaya Yohei envisioned a significant shift in the creation and distribution of his sushi in the middle of the nineteenth century. He placed a slice of fresh seafood on top of an elongated shaped piece of processed rice, not covering the fish in rice anymore. Currently, this style is called “nigiri sushi” (finger sushi) and is now the traditional food to consume Japanese seafood. Sushi was delivered from sushi vendors on the street at the period and was supposed to be a quick or fast bite to eat during the day. This was not just the first of the true “quick sushi”, eaten from the stalls, but soon became immensely popular. This form of serving sushi soon spread across Japan from his home in Tokyo, helped by the

Great Kanto disaster in 1923, when many people have lost their businesses and homes and relocated from Tokyo.

The sushi shops were closed back and went inside, under more hygienic settings, during the Second World War. Afterwards, more organized dining was given (the first versions were just an indoor variant of the sushi shops) and sushi moved from “snacks” to a real eating experience. Sushi spread across the world, and with the rise of marketing seafood, Western communities increasingly embraced this unconventional form of consuming fish, often enthusiastic with something new particularly something that had developed as elegant and innovative as sushi.

Sushi, the artistic eating experience that was once exclusive to Japan, has now developed beyond conventional Japanese practices to another degree. Modern types of sushi, such as dragon rolls and the numerous lavish “fusion” designs at luxury sushi bars, have been produced by American influence. Sushi has long past, actually at least 1,900 years, but the latest version is and understandably so, popular overseas. Sushi market is only growing and appears to continue to grow. Classic sushi restaurants sit next to “fusion” cuisine and, for their purposes, both are famous. The background of sushi is far from over yet.

Los Angeles became America’s first area to accept sushi effectively. In 1970, in Hollywood, the very first sushi restaurant outside small Tokyo launched and designed to cater to actors. In order to achieve American popularity, this gave sushi the final boost it required. Soon afterwards, in both Chicago and New York, many sushi restaurants opened, making the dish spread across the U.S.

Sushi changes continuously as new ingredients, processing and finishing techniques have been developed by modern top chefs. Classic nigiri sushi is still eaten in the United States, but in recent times, cut rolls covered in soy paper or seaweed have found success. Creative innovations such as sour cream, fiery mayonnaise and heavy rolls represent a distinct impact from the West, which sushi enthusiasts love and despise

simultaneously. Vegans can also eat modern veggie sushi wraps.

Sushi Types

There are many types of sushi. Some of these are;

Nigiri

The oblong sushi, which implies hand-pressed sushi, the best seafood. With different toppings, nigiri can be produced and is usually served in seafood restaurants. In Japan, sushi chefs have been through rigorous preparation in order to learn how to produce nigiri sushi. Nigiri comprises of fresh fish pushed on the edge of sushi rice, finely sliced. If you cannot bring yourselves to consume it fresh, there have been some kinds of nigiri which have fried or seared seafood. Some forms of nigiri, such as eel or Kani nigiri, are covered in seaweed to give extra spice. Nigiri is the more typical type of sushi, yet many kinds of seafood can be a perfect way to experience it. Sweet tuna, salmon, and shrimp are popular sorts of nigiri, but there are many other various types. Nigiri is commonly consumed in sections, so two pieces would probably comprise of an order. Some cafes can, however, sell dishes of 6-12 items.

Narezushi

Narezushi accurately reflects the initial sushi type and is a grain and salts preserved fish that is stored for several months before being consumed. During the fermentation, the grain is tossed aside; only the seafood is consumed.

Uramaki

Uramaki is called sushi in the Western world. Essentially, it is maki that was inside out. On the outside is the grain but on the interior is the seaweed. Like maki, uramaki will consist of almost none at all. Many “unique” rolls will be made in the form of uramaki. The Dragons Roll, Flower Roll, and Spiders Roll contain several common special rolls. Unique rolls appear to have even more than six bits on average, and also have about nine each. For chefs, it is often popular to create their unique rolls exclusive to their product or place.

Oshizushi

The definition of Oshizushi is “stretched sushi” “It is sometimes referred to as hako-sushi, meaning “pack sushi”. To produce this type of sushi, a bamboo mould named an oshibako is being used. With this mould, fermented bean rice and materials are formed into a container. This is then sliced into pieces that are bite-sized and consumed with chopsticks.

Tempura Rolls

Tempura rolls are a popular item on the menu at sushi places. Essentially, grilled maki or uramaki wraps are tempura slices. In a thin mixture made from flour, liquid, and eggs, tempura itself is simply a way of fried fish or veggies. The global love of lightly fried stuff, in other terms, has also made it to the sushi community. The most common tempura wraps out there are possibly Shrimp Tempura wraps, but some unique rolls, including Crunch Rolls, Tiger Rolls, and Dragon Rolls.

Temaki

Temaki is pleasant indeed. Although regular rolls (uramaki and maki) are formed by palm, Temaki is wrapped with the aid of a bamboo mat. Temaki is cone-shaped and bigger than the regular sushi roll, so it is shaped separately. As a result, you will probably get only one roll when you buy Temaki. Again, in certain “luxury” menu pieces, you can get three or four based on the cuisine.

Maki

Maki is wrapped sushi, and it is typically what you think about when someone suggests a tasty Japanese meal. Seaweed is wrapped into the rice and filled with seafood, vegetables, or other items. Six bits will comprise of a roll. From the average fresh fish like tuna, yellowtails, or salmon, to vegetables such as broccoli and carrots, Maki wraps will include just about everything. For non-fish foodies, some chefs may also use chicken.

Sashimi

Sashimi stands for “pierced body”. Sashimi may usually be recognized or described as a cut of meat, not typically just

salmon and not necessarily fresh, traditionally wrapped over a side and likely followed by one herb per chunk of perilla. Sashimi focuses on small cuts, such as tuna or salmon, of fresh fish. It is usually eaten on a plate of daikon radish and is not usually eaten with rice. Assume a platter with diverse types of diced fresh fish when you request sashimi. The type of dishes you order relies on how many you get. There can be about nine parts of main course sashimi, and a meal can have 16-20 pieces, and it varies upon the café.

Nutrition Facts of Sushi

For some period ago, sushi has always been at the centre of culinary, but a group of citizens are not aware of sushi nutrition facts. The good thing for many was that it is not a nutritious meal in general, because there is an option to manage your diet low in calories, even if you enjoy sushi. Although there are certainly a few calories to be gained in grains and egg, there are a variety of combinations you can take full advantage of it when it applies to sushi. Sashimi, for instance, are raw parts of fish that arrive without rice, and they are very healthy and high in nutrients. Here is some nutritional information about different kinds of sushi.

Avocado Roll

- Calories: 140
- Fats: 5.7g
- Carbohydrates: 28g
- Proteins: 2.1g

Shrimp Tempura Roll

- Calories: 508
- Fats: 21.0g
- Carbohydrates: 64g
- Proteins: 20g

Salmon and Avocado Roll

- Calories: 304

- Fats: 8.7g
- Carbohydrates: 42g
- Proteins: 13g

Tuna Roll

- Calories: 184
- Fats: 2.0g
- Carbohydrates: 27g
- Proteins: 24g

California Roll

- Calories: 255
- Fats: 7.0g
- Carbohydrates: 38g
- Proteins: 9.0g

Cucumber Roll

- Calories: 136
- Fats: 0.0g
- Carbohydrates: 30g
- Proteins: 6.0g

Spicy Tuna Roll

- Calories: 290
- Fats: 11.0g
- Carbohydrates: 26g
- Proteins: 24g

Preparing Sushi at Home

Your seafood taste is the first aspect to take into consideration. Some individuals chose to use prepared products such as eel or preserved products such as sushi rice, either because they are

more familiar with prepared or processed foods, or because they are more confident with prepared or processed foods, or to prevent the risk for infection. But always have your interests in mind as well as those you are going to dine with. Raw fish is better ordered from a fishmonger or supermarket where they know the fish is supposed to be consumed raw. Some supermarkets have this greater fish easily accessible, but still, inquire if you are uncertain. Japanese supermarkets will also have seafood of sushi quality to buy. Here is some traditional and necessary equipment you need to have while preparing sushi at home.

Food Items

You would certainly not forget these, either fish, veggies, or whatever might hit your imagination, but the trick is to have them ready for usage in or on your sushi until you begin preparing. When preparing sushi, you do not need to have to slice a fillet. Once you sit down to prepare the sushi, the parts should be of sushi length. But note, first, safety is necessary. When you are about to make your sushi, keep all the fresh fish frozen and free from pollutants.

Bamboo Mat

This is used to roll and form split rolls, named maki, and if maki is made, it is essential. They are genuinely invaluable since they guarantee accuracy in the finished product, and you will be hard-pressed without one to roll anything as big without a debacle as a layer of nori (seaweed). Some protect their maki with the bamboo wrap that can make it easier to press and release the roll.

A Sharp Knife

If you do not have a good knife for the work, chopping up all the products would be more time-consuming and challenging. For slicing fish, the Japanese have produced a unique knife named a bento knife that does the work very well. However, as every sharp knife can do, there was no need to go out there and purchase one just for this function. But ensure that the knife is smooth, since the finer the knife, the smoother and

more accurate the cuts you can make. Your sushi maki would be smashed by a blunt knife and must be left pretty nasty.

Sushi Rice

Rice that is well cooked and processed is essential to the process. It is also quite important to have the proper temperature for your rice. The only grain which can be used for producing sushi is simple Japanese rice; it also has the perfect amount of starch to hold it bound together to guarantee a properly finished result. This should fit well for you if you have a slow cooker. Rice for sushi, neither heated nor cold, must be well carbonated and at ambient temperature. This way, it will have the right quality as well as the requisite sushi residue.

Interesting Facts about Sushi

Here are some interesting facts about sushi.

Sushi Originated Outside of Japan

The idea for sushi is believed to have originated in Southeast Asia, even though the Japanese get proper points for what they call sushi nowadays. Somewhere near the River, Narezushi, a preserved fish covered in sour rice, emerged before expanding to China and eventually to Japan. Hanaya Yohei developed the advanced sushi idea in Japan somewhere right at the end of the Edo period, sometime between the 19th century.

Even Fresh Sushi Is Frozen First

In the United States and Europe, food safety laws mandate that fresh fish be preserved for a certain period in order to eliminate possible flukes and worms. In Europe, fresh fish must be stored for at least 24 hours at 30 degrees Celsius. In Foreign sushi bars, even the tastiest raw fish consumed has been processed, which destroys the initial flavour and feel. Japanese sushi leaders are qualified to recognize the possible problems of the fish they buy on the market, such as deflections and worms. It will be a horrible disgrace to make consumers ill. Thus sushi kept in the refrigerator before preparation.

Puffer Fish Is the Most Dangerous Sashimi

In its organs and glands, fugu, or pufferfish, carry deadly quantities of venom. If a chef scratches one with a knife unintentionally when cooking sashimi, he might injure his client. Cooks in Japan must undertake a stringent preparation and qualification process to be qualified to work with fugu sushi.

Sushi Rice Was Never Eaten

Sour, pickling rice was bundled around aging fish only to assist in the umami a rare, sour taste creation process. When the process of fermentation was finished, the rice was eliminated, and only the fish was eaten. Fermenting rice has also served to sustain and defend fish from insects.

Maki Rolls Are a Work of Art

Besides the “California roll” trend available at every affordable sushi outlets in the West, master chefs design the products for real makizushi so that the flavour, appearance, and even shades complement each other. Also, cut into sheets, rolls are distributed such that clients can see the creative work inside.

Cheap Fast Food

For quite some time, a gold credit card was not required to eat sushi. Initially, sushi catches on as an inexpensive, fast snack to eat while watching a theatre show with your hands.

Sushi Is Eaten With the Hands

True to its roots as basic ready meals, the right way to eat sushi is with your fingertips. Usually, chopsticks can only be used for eating tempura fish pieces.

SUSHI EQUIPMENT; WHAT DO YOU NEED?

So now that you know a bit of the history of Sushi, you're probably more than likely ready to start making it. You went to the store, got yourself some rice, some fish, some chicken, maybe the vegetables needed, and anything else to get started. You might even be excited enough to start on your own.

However, if you're not prepared though, then you might need to slow down a little bit. It takes more than just a pot, a spoon, and a plate to make Sushi. Especially since there's a lot of little bits and pieces that you need to assemble.

So what tools do you need exactly?

While Sushi making might seem overly complicated, it's actually not really all that complicated. Outside of several specialized things, you don't have to shell out a lot of money for tools that can be used to make Sushi with. Let's take a look at some of them.

The Tools

A Sharp Knife – A sharp knife is perhaps one of the most important tools you can use in the kitchen for almost anything. For Sushi though, it takes a certain type of Knife known as a “Yanagiba”, which is really a fancy way of saying a sharp, thin knife used for filleting. Thicker, cleaver-like knives are great for chopping things up, but for making sushi you want a thin, overly sharp knife that can slice fish, crab, chicken and other things as thin as possible.

A Cutting Board – This one is obvious, as it goes well with the above. You want something that can breathe as well. So skip out on plastic cutting boards and ceramic ones. A nice thick wooden one not only gives you the springiness you'll need for constant cutting, chopping, and filleting, but they're also easily cleanable.

A Bowl of Water – A bowl of water is an obvious choice as you'll be using water from cooking the rice, to wetting your cutting knife, to generally cleaning up. Plus you need to keep

your fingers and hands wet, as the rice will stick to itself, and by extension, you, if you're not careful. A bowl of water will ensure that your hands always remain moist and not become covered in the rice you're using.

Hangiri Bowl – A hangiri bowl is completely optional, but generally is highly recommended. What a Hangiri bowl is, is a shallow flat bottom bowl that's made from Japanese cypress that's called "hinoki". Essentially the bowl is soaked in water to the point of dripping, and the rice is placed inside of it and seasoned to taste, and then covered with a towel to keep it moist. The Hangiri wood soaks up excess moisture, but keeps the rice sticky, and wet and clumpy, which is the texture you want your rice to be for making sushi. Plus, the shallowness of the bowl makes it easier to scoop rice out.

A Wooden Spoon – Metal transfers heat too easily when making rice and can either make the rice inconsistent in terms of temperature which can ruin the batch. The same can be said of plastic, and that it loses heat far too quickly. Thus, a wooden spoon is generally the ideal spoon you want when scooping out rice. Preferably, the best shape for the wooden spoon is a shape that's not too deep, but not completely shallow either to just be a paddle.

Measuring Cup & Spoons – This is quite obvious, as you'll need an accurate way to measure out the proportions that you'll need to cook with. Sushi rice isn't something that you can just make while eyeballing it, as it requires precise measurements to get the balance of the rice proper to ensure the proper stickiness, sweetness, and deliciousness. Make sure that any measuring cup used goes as high as you reasonably can, while the measuring spoons go as low as possible in either the Metric or Imperial measuring style

Bamboo Sushi Mats – This is perhaps THE single most essential item on the list. You can make decent Sushi with just a knife, a pot, and a small bowl, but without the Bamboo Sushi Mat, you cannot roll it properly. The rigidity of the mat keeps the sushi in place without being smooshed all over the place but allows the finesse of being able to be rolled. This isn't used for the Nigiri style rolls, however, but instead, is used to

make the Makizushi Rolls that are often seen where the rice surrounds the ingredients in the middle of the Sushi. The best thing about the Bamboo Mats is that they're relatively inexpensive, and can be used several times if used correctly.

Roasted Seaweed Sheets – Also called “Nori”, the thin sheets of roasted seaweed are the traditional wrapping used to make the “Makimono” style sushi rolls you see. If you're unsure what that is exactly, it's the thin black or deep green wrapping you see on most traditional Sushi rolls. This is used to keep the shape of the sushi when used on the outside, or when used on the inside, to hold the ingredients tightly together. They're not essentially, but they're not expensive either. In fact, you can buy them in bulk, and if preserved correctly, can last a little while.

Rice Cooker – It's not necessary to have one of these, BUT if you intend to make Sushi often, having one will save you not only a butt load of time but also a butt load of money in the end. There are a lot of different makes and models out there. Enough so that you can devote an entire chapter alone to discussing what kind of model to look for, but the essential gist of it is to find a Rice Cooker model that not only fits on your countertop but is also reasonably priced. Make sure it holds a lot and doesn't have a lot of extra parts either. Most modern Rice Cookers also have a “sushi” mode, which might make it easier to make Sushi with as well if done correctly.

And that about covers it as far as tools needed. It might seem like a lot, but all of the above tools are what chefs have been using for centuries when making Sushi since it became formalized in the 12th Century. As had been mentioned you don't need ALL of them, except for a small few, but having all of them used together might make it easier to make the Sushi.

Now that that has been discussed, the next thing to discuss is the ingredients used.

COMMON INGREDIENTS, SELECTION, AND STORING



[Nori \(roasted seaweed pieces\)](#)

These thin pieces of cooked nori seaweed are the traditional casing for making sushi rolls. Very nutritious, it is also great when cut into pieces and used as a topping for miso soup and rice bowls. It can be found in Asian groceries and is also available cheaply online.

Once you have opened the packet, make sure to seal any extra nori sheets inside a Ziploc bag or an airtight container to preserve its freshness. This ingredient is vital to making sushi, so make sure to use excellent sushi nori, which is black, not green.

[Sushi rice](#)

This is the most significant ingredient in sushi. Buy only the rice that's marked "sushi rice." It is short-grain and has a sticky consistency when cooked. You cannot form nigirizushi with rice that cannot stick together! Just like nori, it's available online and in Asian markets. Sushi rice's premium grade trademarks include Nishiki, Kokuho Rose, Akita Otome,

Tamaki Gold, Koshihikari, and Tamanishiki. Do not use long-grain rice because it's dry when cooked.

Rice vinegar

This ingredient is essential for putting flavor in sushi rice with sugar and salt. It can be found in most large grocery stores as well as online. This kind of vinegar is created from fermenting rice and has a mild, somewhat sweet flavor. It is a staple fixing in many dishes in Asia, including pickled veggies, sushi rice, slaws and salad dressings. If you happen to have no rice vinegar there are some simple alternates, such as:

- Apple cider vinegar – This has a slight flavor that's like rice vinegar. To use this as a substitute, use the same amount as you would rice vinegar and add one gram or 1/4 teaspoon of sugar for every 15 ml or one tablespoon of vinegar for sweetness.
- Champagne vinegar – This has a warm taste but can take the place of rice vinegar in practically all recipes. Use the same amount as you would rice vinegar.
- Lime or lemon juice – This can add flavor and acidity to slaws, sauces and dressings. Use twice the amount as you would rice vinegar. Just take note that this will increase the distinctive flavor of sushi rice.
- Sherry vinegar – This is made from sherry and has an acidity and flavor profile like rice vinegar. Replace rice vinegar using an equal ratio in all recipes.
- White wine vinegar – This has a sharp taste that's slightly less sugary than rice vinegar. Use the same amount as you would rice vinegar and add a gram or 1/4 teaspoon of sugar for every 15ml or one tablespoon of vinegar.



Kombu

This is a desiccated seaweed mainly utilized in dashi. It's among the suggested ingredients aimed at making excellent sushi rice. It's placed inside the rice cooker or pot during the soaking and boiling of the rice to give it a trace of dashi taste.

Sake

This is another optional but highly recommended sushi ingredient for the same reasons as Kombu.

Fish

The most common fish used in sushi are Salmon and Bluefin or Albacore Tuna, cooked and smoked or flaked. When you decide which kind fits your palate, make sure it's fresh. This means that the fish, being freshly caught, smells clean. If it's whole, it must have bright, not red, eyes and firmly attached scales. If you are looking for fillets, make sure it has no soft spots or discoloration as these are indications that it's not fresh.

Salmon, for example, is flash iced up the minute it's caught. If you do not live close to the sea you might not find newly caught, sushi-grade fish. Moreover, frozen fish must be completely defrosted in the fridge before use. So, if you opt to

use uncooked fish in sushi, be exceedingly careful where you buy it.

You also cannot use just any raw fish, but only sushi-grade fish at the Japanese markets. Regular fish isn't handled as intended for not cooking. Thus, it tends to contain parasites and bacteria that can be removed through cooking.

Freshwater fish are also not okay to eat uncooked. The other kinds of fish recommended for sushi are Yellowtail or Japanese Amberjack, Saba or Mackerel, and Hirame or Halibut.

Seafood

This includes squid (Ika), shellfish, sea urchin, octopus, prawn, crab, lobster and more. Shrimp, lobster flesh, and scallop should be unblemished with a color like a pearl and no or little odor. Some chilled seafood may show time or temperature displays on their wrapping, which indicate if the merchandise has been kept at the appropriate temperature. Always check these indicators when available and only purchase seafood when the indicator confirms that the item is safe for consumption. The general guidelines for safety in selecting shellfish are as follows:

- Check the label - Search for tags placed on containers or sacks of live crustaceans in shell and tags on packages or containers of shucked lobsters and other shellfish. These labels contain detailed information about the product, along with the certification number of the processor. This indicates that the items were harvested and processed according to the national shellfish protection controls.
- Discard cracked or broken shellfish - Throw away oysters, clams, and mussels when their shells are broken or cracked.
- Do the "Tap Test" - Clams, mussels, and oysters that are alive will close their shell when it is struck. If they do not close when struck, do not pick them as they are dead.

- Check for movement in the legs - Live lobsters and crabs show some action through their legs. Remember that they spoil fast after death. Thus, only live lobsters and crabs should be picked and used for food preparation.



Vegetables

This includes cucumber, asparagus, carrot, eggplant, ginger, radish, fermented soybeans (Natto), Shiitake mushrooms, soybean curd, tofu, and red and green bell peppers. The people of Japan usually don't eat raw, simple veggies in sushi rolls. Instead, they mainly use egg roe, cooked shrimp, egg, crab, fresh fish, and preserved daikon radish.

The rare lacto-vegetarian friendly items you'll find are usually avocado and cucumber. This is because they have good texture when raw and are not cooked. Firmer vegetables are blanched or mildly steamed for more natural chewing. However, you do not have to boil your crunchy veggies if you do not want to.

Eggs

This is the main ingredient of tamago, a Japanese omelet used as a topping in nigirizushi or as a sushi roll. It's made by rolling together more than a few layers of scrambled egg.

Obviously, it's recommended that fresh eggs be used. To pick fresh eggs, gently drop one in water in a pot. If it rests on its edge on the lowest part of the pan, there is little air inside and it is very fresh. If the egg rises on its end and moves up and down on the lowest part of the pot, there is more air inside, indicating that it is not fresh. If the egg stays on the surface of the water, it's not edible and must be discarded.

Fruits

This includes avocado, peach, pickled plum, pear, strawberry, cantaloupe, apple, ripened mango, and more. To pick ripened fruit, examine the color. You may also gently clasp the fruit because some fruits are firm, like apples, while others aren't firm, like peaches.

Try checking the stems, too, as some fruits, such as pears, should be slightly softer near the stem. You may also smell it and look for luster.

Roe

This is the orange substance atop sushi. It is recognized for its utility in creating specific sushi types. The eggs are small - less than a millimeter. Tobiko is bigger than masago or capelin roe, yet smaller than salmon roe or ikura.

Natural tobiko has a red-orange hue, a mild smoky or salty flavor, and a crispy texture. Roe is male fish sperm or fish eggs.

NIGIRI SUSHI RECIPES

1. Fresh Tuna Nigiri Sushi



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 16

INGREDIENTS:

- 1 cup sushi rice;
- ½ nori sheet, cut into half-inch strips;
- 5 oz sushi grade tuna, sliced thinly;
- 1 tsp rice vinegar.

DIRECTIONS:

1. Cook sushi rice to the packet direction. Once cooked remove from heat and set aside to cool;
2. Dip fingers in rice vinegar and water and give the shape 1 ½ tablespoon rice into a rectangle;
3. Place tuna slice over rice rectangle and wrap nori strip around tuna and rice to seal;
4. Repeat same with remaining ingredients;
5. Serve and enjoy.

NUTRITION: Calories 54; Fat 0.6 g; Carbohydrates 9.3 g; Sugar 0 g; Protein 2.6 g; Cholesterol 4 mg.

2. Salmon Nigiri Sushi



Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

INGREDIENTS:

- 3 oz salmon fillets, skinless;
- $\frac{1}{4}$ tsp sugar;
- 1 tbsp rice vinegar;
- 1 $\frac{1}{2}$ cup water;
- 1 cup sushi rice;
- $\frac{1}{4}$ tsp salt.

DIRECTIONS:

1. Add rice and water in a large saucepan and bring to boil over medium heat. Reduce heat to low and simmer for 5 minutes;
2. Remove saucepan from heat and set aside for 15 minutes;
3. Transfer rice in a large bowl. Add vinegar, sugar, and salt to the rice and mix well;
4. Slice salmon in 8 slices;
5. Take 1 tbsp cooked rice into hands and roll in a ball. Wrap fish slice over rice and arrange on serving dish;

6. Repeat same with remaining ingredients;
7. Serve and enjoy.

NUTRITION: Calories 200; Fat 1.6 g; Carbohydrates 37.2 g; Sugar 0.3 g; Protein 7.4 g; Cholesterol 9 mg.

3. Shrimp Nigiri



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 12

INGREDIENTS:

- 1 ¼ cup cooked sushi rice;
- 1 tsp wasabi;
- 12 shrimp, cooked, peel and leave the tails on.

DIRECTIONS:

1. Divide sushi rice into 12 equal portions and shape each portion into a rectangle with moistened hands;
2. Brush shrimp with wasabi and place on rice rectangle;
3. Serve and enjoy.

NUTRITION: Calories 97; Fat 0.5 g; Carbohydrates 15.8 g; Protein 6.4 g; Cholesterol 46 mg.

4. Scallop Nigiri



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 sushi-grade scallops;
- 2 tsp rice vinegar;
- $\frac{1}{4}$ cup water;
- $\frac{1}{3}$ cup cooked sushi rice.

DIRECTIONS:

1. Cut the muscle from scallops and butterfly the scallops;
2. Moistened your hands with water vinegar and take 1 tablespoon of cooked sushi rice and give it a rectangular shape and place on a dish;
3. Place scallops on rice and serve.

NUTRITION: Calories 142; Fat 0.4 g; Carbohydrates 25.4 g; Sugar 0 g; Protein 7.2 g; Cholesterol 10 mg.

5. [Avocado Nigiri](#)



Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 16

INGREDIENTS:

- 1 avocado, peel and cut into sliced;
- 1 nori sheet, cut into strips;
- 1 tsp sugar;
- ½ tbsp rice vinegar;
- 1 cup water;
- 1 cup sushi rice;
- 1 tsp salt.

DIRECTIONS:

1. Cook sushi rice according to the packet instructions;
2. Transfer cooked rice in a large bowl and allow to cool;
3. Once rice is cool down then add vinegar, sugar, and salt and mixes well;
4. Moistened your hands with water and take 1 tablespoon of cooked sushi rice and give it a rectangular shape and place on a dish;
5. Place an avocado slice over rice rectangle and wrap nori strip around avocado and rice to seal;
6. Repeat same with remaining ingredients;

7. Serve and enjoy.

NUTRITION: Calories 69; Fat 2.5 g; Carbohydrates 10.6 g; Sugar 0.3 g; Protein 1.1 g; Cholesterol 0 mg.



6. Tasty Hamachi Nigiri

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 10

INGREDIENTS:

- 4.5 oz hamachi fillet, sliced into thin strips;
- 10 shiso cress leaves;
- 1 1/4 cup cooked sushi rice;
- 1 tsp sugar;
- 1 tsp rice vinegar;
- 1/4 tsp salt.

DIRECTIONS:

1. Transfer cooked rice in a large bowl. Add sugar, vinegar, and salt to the rice and mix well;
2. Divide sushi rice into 10 equal portions and shape each portion into a rectangle with moistened hands;
3. Place hamachi slices on top of rice;
4. Garnish each nigiri with shiso leaves and serve.

NUTRITION: Calories 105; Fat 0.8 g; Carbohydrates 18.9 g; Sugar 0.4 g; Protein 4.6 g; Cholesterol 7 mg.

7. Cucumber Nigiri

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 16

INGREDIENTS:

- 1 cup sushi rice;
- 1/2 nori sheet, cut into half-inch strips;
- 1 cucumber, peeled and sliced thinly;
- 1 tsp rice vinegar.

DIRECTIONS:

- Cook sushi rice to the packet direction. Once cooked remove from heat and set aside to cool;
- Dip fingers in rice vinegar and water and give the shape 1 ½ tablespoon rice into a rectangle;
- Place cucumber slice over rice rectangle and wrap nori strip around cucumber and rice to seal;
- Repeat same with remaining ingredients;
- Serve and enjoy.

NUTRITION: Calories 45; Fat 0.1 g; Carbohydrates 9.9 g; Protein 0.9 g.

8. Healthy Carrot Nigiri



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 10

INGREDIENTS:

- 2 carrots, peeled;
- 2 cups cooked sushi rice;
- $\frac{1}{4}$ cup white wine.

DIRECTIONS:

1. Pour white wine in a saucepan;
2. Add carrot in a saucepan and heat over medium heat for 3-5 minutes or until carrot is tender. Remove from heat and set aside to cool;
3. Once the carrot is cool then sliced;
4. Divide sushi rice into 10 equal portions and shape each portion into a rectangle with moistened hands;
5. Place carrot slices on top of rice;
6. Serve and enjoy.

NUTRITION: Calories 145; Fat 0.2 g; Carbohydrates 30.9 g; Protein 2.7 g.

GUNKANMAKI SUSHI RECIPES

9. Salmon Roe (Ikura) Gunkanmak i

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

INGREDIENTS:

- 2 cups Sushi Rice
- 2 whole nori sheets, cut (see here)
- 7 ounces salmon roe

DIRECTIONS:

1. Scoop 1 heaping tablespoon of sushi rice on your wet hand and form it into a flat football shape.
2. Wrap a strip of nori around the sides of the rice, shiny-side out, creating a tiny collar all around the rice. It is okay that the edge of the nori strip doesn't stick firmly.
3. Place 1 tablespoon of salmon roe on top of the rice. Repeat with the remaining rice, nori, and salmon roe.

NUTRITION: Calories 222 Fat 14.5 Fiber 0.2 Carbs 0.8 Protein 20.9

10. Minced Tuna and Scallion (Negitoro) Gunkanmak i

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

INGREDIENTS:

- ½ pound sashimi-grade tuna
- 1 tablespoon soy sauce (gluten-free if necessary)

- 2 cups Sushi Rice
- 2 whole nori sheets, cut (see here)
- 1 scallion, both white and green parts, chopped

DIRECTIONS:

1. Cut the tuna into small pieces and mince finely. Place in a bowl, mix in the soy sauce, and divide into 12 equal portions.
2. Divide the rice into 12 portions, place each portion into your wet hand, and make into a flat football shape.
3. Wrap a strip of nori around the sides of the rice, shiny-side out, creating a tiny collar all around the rice. It is okay that the edge of the nori strip doesn't stick firmly.
4. Put one portion of the tuna mixture on the rice and top with some chopped scallion. Repeat with the remaining rice, nori, tuna, and scallions.

NUTRITION: Calories: 300 Carbs: 20 Sugar: 2 Fat: 15
Protein: 35

11. Lemony Crabmeat Gunkanmak i

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

INGREDIENTS:

- 1 (4¹/₄-ounce) can lump crabmeat, drained
- Salt
- Freshly ground black pepper
- Juice of ½ lemon
- 2 cups Sushi Rice
- 2 whole nori sheets, cut (see here)

- 1 baby cucumber, sliced diagonally

DIRECTIONS:

1. In a bowl, whisk together the crabmeat, a pinch of salt and pepper, and lemon juice. Taste and add more salt and pepper as needed.
2. Scoop 1 heaping tablespoon of sushi rice on your wet hand and form into a flat football shape.
3. Wrap a strip of nori around the sides of the rice, shiny-side out, creating a tiny collar all around the rice. It is okay that the edge of the nori strip doesn't stick firmly.
4. Set 1 or 2 pieces of sliced cucumber on the edge of the rice, and put 2 teaspoons of the crabmeat on the rice. Repeat with the remaining rice, nori, cucumber, and crabmeat.

NUTRITION: Calories: 380 Carbs: 10 Sugar: 3 Fat: 12
Protein: 48

12. Buttery Corn Gunkanmak i

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 12

INGREDIENTS:

- 2 tablespoons butter or margarine
- 1 cup frozen sweet corn kernels
- 2 tablespoons soy sauce (gluten-free if necessary)
- 2 cups Sushi Rice
- 2 whole nori sheets, cut (see here)

DIRECTIONS:

1. In a skillet, melt the butter over medium-high heat. Add the corn and stir-fry for about 5 minutes to

evaporate the water from the frozen corn. Add the soy sauce and stir for 1 minute.

2. Scoop 1 heaping tablespoon of sushi rice on your wet hand and form it into a flat football shape.
3. Wrap a strip of nori around the sides of the rice, shiny-side out, creating a tiny collar all around the rice. It is okay that the edge of the nori strip doesn't stick firmly.
4. Put 1 tablespoon of the corn on top. Repeat with the remaining rice, nori, and corn.

NUTRITION: Calories: 400 Carbs: 14 Sugar: 4 Fat: 20 Protein: 37

13. Corn and Tuna with Mayo Gunkanmak i

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 12

INGREDIENTS:

- ½ cup frozen sweet corn kernels
- 1 (5-ounce) can tuna packed in water, drained
- 2 tablespoons mayonnaise
- Salt
- Freshly ground black pepper
- 2 cups Sushi Rice
- 2 whole nori sheets, cut

DIRECTIONS:

1. In a small microwave-safe bowl, microwave the frozen corn, covered, for about 50 seconds.
2. In a small bowl, mix the corn, tuna, and mayonnaise. Taste and season with salt and pepper as needed.

3. Scoop 1 heaping tablespoon of sushi rice on your wet hand and form it into a flat football shape.
4. Wrap a strip of nori around the sides of the rice, shiny-side out, creating a tiny collar all around the rice. It is okay that the edge of the nori strip doesn't stick firmly.
5. Put 1 tablespoon of the tuna mixture on top. Repeat with the remaining rice, nori, and tuna mixture.

NUTRITION: Calories: 290 Carbs: 9 Sugar: 8 Fat: 17
Protein: 39

INARI SUSHI RECIPES

14. Traditional Japanese Inari Sushi

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 12

INGREDIENTS:

- 2 glasses water (480ml)
- 3 Tbsp soy sauce
- 4 Tbsp sugar
- 8 squares Aburaage (or 4 rectangle)
- 1 glass Dashi (240ml)
- (then again fluid from hydrating Shiitake mushrooms, or mixes)
- 3 dried shiitake mushrooms
- 1 little carrot
- 3 glasses Sushi rice
- 1 Tbsp soy sauce
- 1 Tbsp sugar
- 1 Tbsp sesame seeds

DIRECTIONS:

1. Cut one side of every Aburaage. Precisely open every Aburaage to make a pocket. Heat up the arranged Aburaage in heated water for a moment and deplete well. Spot water, soy sauce, and sugar in a pot and bubble. Include the Aburaage, cook for 10-15 minutes, and let cool for no less than 3 hours (overnight in the refrigerator).
2. Hydrate shiitake mushrooms in water for 30 minutes. You can hold the fluid to blend with Dashi later on the off

chance that you need. Expel originates from Shiitake mushrooms and cut meagrely. Cut carrots meagrely (1/2" long).

3. Cook Dashi with soy sauce and sugar in a pot, include carrots and mushrooms until the fluid is just about gone. Blend sushi rice, cooked vegetables, and sesame seeds well. Make 8 little oval rice balls (there may be extra rice). Crush the Aburaage only a little and stuff rice balls in the pockets. Serve immediately for best taste.

NUTRITION: Calories: 200 Carbs: 2 Sugar: 0 Fat: 5 Protein: 48

15. Delicious Sesame Inari Sushi

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 2

INGREDIENTS:

- 1 Tbsp. Deep fried white sesame seeds
- 3 bowls of cooked sushi rice (1 bowl every 4 Inari Pockets)
- 12 Inari-Age (seasoned deep fried tofu pockets)
- 12 shiso leaves
- The cooking fluid from Inari Age
- Sushi ginger (gari) for trimming
- 6 prepared nori kelp

DIRECTIONS:

1. Consolidate the sushi rice with the sesame seeds. Verify the sesame seeds are decently consolidated into all the rice. Open up the pockets of the Inari-Age so you can stuff in the rice.
2. Cut the prepared ocean growth in short strips. Dampen your hands with the Inari-Age fluid. Take the rice and structure 12 little balls with the sushi rice (remember the

balls need to fit pleasantly in the Inari-Age so don't make them too huge).

3. Take a segment of nori and wrap around the sushi rice balls (do this with every rice ball). Put the wrapped rice balls into the Inari-Age, then place the shiso leaf on top sprinkle some Kinshi Tamago or whatever other enhancement you covet on top. Utilize your finger to tuck as a part of the edges so that the Inari-Age winds up with a decent round and smooth edge. Present with soy sauce and sushi ginger.

NUTRITION: Calories: 320 Carbs: 8 Sugar: 2 Fat: 18 Protein: 41

16. Traditional Japanese Inari Fast-Food

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12

INGREDIENTS:

- 12 roasted southern style tofu pockets (inari-age)
- Kizami Nori (Shredded nori sheet)
- 2 ½ measures of cooked sushi rice
- Ikura (salmon roe)
- 1 parcel Chirashi Sushi Mix

DIRECTIONS:

1. Take your warm cooked sushi rice and include the parcel of Chirashi Sushi Mix (must be included until your rice is warm).
2. Do no blend it in light of the fact that this can smear the rice, rather crease in the blend utilizing an elastic spatula or rice paddle. This helps separate the grains and overlay in the blend.
3. Take your inari tofu and open up the pockets. Dampen your hands with water and move 12 little bunches of your

arranged sushi rice and spot them inside the pockets. Top them with a touch of Ikura (salmon roe) and garnish them with nori sheets. Serve immediately for best taste.

NUTRITION: Calories: 275 Carbs: 5 Sugar: 0 Fat: 7 Protein:
49

CHIRASHI SUSHI RECIPES

17. Vegetable Chirashi (Gomoku Chirashi)

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

INGREDIENTS:

- 5 small shiitake mushrooms, stemmed and cut into small pieces
- 1 small carrot, cut into small pieces
- 1 teaspoon Shimaya kombu dashi soup stock powder or any dashi powder you like
- 2 tablespoons soy sauce (gluten-free if necessary)
- 1 tablespoon cooking sake
- 2 tablespoons sugar
- ½ teaspoon salt
- ⅔ cup water
- Nonstick cooking spray
- 1 egg, beaten
- 4 cups Sushi Rice
- 2 scallions, both white and green parts, chopped

DIRECTIONS:

1. In a saucepan, stir together the mushrooms, carrot, dashi powder, soy sauce, cooking sake, sugar, salt, and water. Bring to a boil over medium heat, reduce the heat to maintain a simmer, and cook for 10 minutes. Let it cool, then drain.
2. Meanwhile, heat a 10-inch skillet over medium heat and coat with cooking spray. Pour the beaten egg into the skillet and spread the egg all over the surface of the pan

to make a thin layer. Cook over medium-low heat for 3 minutes, gently flipping halfway through the cooking time with a rubber spatula. Once it is cool enough to touch, transfer to a cutting board, roll it up, and cut into very thin strips.

3. In a bowl, combine the rice and the vegetables and mix well. Transfer to a serving plate and top with the sliced fried egg and the scallions.

NUTRITION: Calories: 340 Carbs: 4 Sugar: 1 Fat: 22 Protein: 45

18. Deluxe Sashimi Chirashi (Kaisen Chirashi)

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 cups Sushi Rice
- 2 tablespoons roasted sesame seeds
- 1 baby cucumber, sliced
- ½ pound sashimi-grade tuna, sliced in about ¼-inch-wide pieces
- ½ pound sashimi-grade salmon, sliced in about ¼-inch-wide pieces
- 4 sashimi-grade scallops, halved horizontally
- 4 tablespoons salmon roe
- Soy sauce (gluten-free if necessary)
- 2 tablespoons Pickled Sushi Ginger
- Wasabi

DIRECTIONS:

1. In a bowl, combine the rice and sesame seeds and mix well. Divide into four portions and transfer each to a serving plate.

2. Line one-quarter of the sliced cucumber on each rice portion and top with about three pieces each of tuna and salmon, two pieces of scallop, and 1 tablespoon of salmon roe.
3. Serve with three separate shallow dishes of soy sauce, ginger, and wasabi for each person.

NUTRITION: Calories: 380 Carbs: 9 Sugar: 2 Fat: 19
Protein: 38

TEMAKI SUSHI RECIPES

19. [Traditional Hand-Rolled Sushi](#)

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 whole nori sheets, cut (see here)
- 2 cups Sushi Rice
- ¼ pound sashimi-grade tuna, sliced
- ¼ pound sashimi-grade salmon, sliced
- Soy sauce (gluten-free if necessary)
- Parsley

DIRECTIONS:

1. Put a piece of nori on your palm and spread 2 tablespoons rice on it with a wet spoon.
2. Dip a piece of tuna and salmon in soy sauce, and arrange each piece with 1 sprig of parsley diagonally across the middle of the rice. Roll into a cone shape. Repeat with the remaining nori, rice, and tuna and salmon slices.

NUTRITION: Calories: 200 Carbs: 2 Sugar: 0 Fat: 6 Protein: 37

20. [Salad Temaki](#)

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 8

INGREDIENTS:

- [Japanese Egg Omelet](#)

- 2 whole nori sheets, cut (see here)
- 2 cups Sushi Rice
- 8 pieces leg-style imitation crabmeat
- 1 baby cucumber, cut into thin strips
- 8 teaspoons mayonnaise

DIRECTIONS:

1. Cut the omelet into quarters lengthwise and halve each quarter crosswise. Set aside.
2. Put a piece of nori in your palm and spread 2 tablespoons of the rice over it with a wet spoon.
3. Arrange 1 piece of omelet, 1 piece of imitation crabmeat, and some sliced cucumber diagonally across the middle of the rice. Put 1 teaspoon of mayonnaise on the cucumber. Roll into a cone shape. Repeat with the remaining nori, rice, and filling.

NUTRITION: Calories: 270 Carbs: 2 Sugar: 0 Fat: 16 Protein: 39

21. Beef with Lettuce Temaki

Preparation time: 40 minutes

Cooking time: 10 minutes

Servings: 8

INGREDIENTS:

- 4 ounces sirloin steak, chuck steak, or rib eye steak, cut into ½-inch-thick and 2½-inch-long stick
- Salt
- Freshly ground black pepper
- 2 whole nori sheets, cut (see here)
- 2 cups Sushi Rice
- 2 green leaf lettuce leaves, torn into palm-size pieces
- ¼ cup Marinated Sweet Onion

Directions:

1. Heat a dry skillet over medium heat for a few minutes, and cook the beef for about 7 minutes or until it turns brown. Season with the salt and pepper halfway through the cooking time. Set aside.
2. Put a piece of nori in your palm, spread 2 tablespoons of the rice over it with a wet spoon, and place the lettuce on the rice.
3. Arrange a stick of beef and about ½ tablespoon of onion diagonally across the middle of the lettuce. Roll into a cone shape. Repeat with the remaining nori, rice, and filling.

NUTRITION: Calories: 360 Carbs: 8 Sugar: 1 Fat: 20
Protein: 48

MAKI RECIPES

22. Surimi Maki



Preparation time: 40 minutes

Cooking time: 10 minutes

Servings: 2

INGREDIENTS:

- 1 port of rice (sushi rice), prepared
- 1 pack of surimi
- ½ avocado
- 2 tbsp of cream cheese
- Nori sheets

DIRECTIONS:

1. Core and peel the avocado, then cut long strips, about 5 x 5 mm thin. Halve or quarter the surimi, depending on the size.
2. Place the nori sheet on a bamboo mat so that the lower side of the nori sheet lies on the lower edge of the mat. Spread the rice about 7mm thick over 2/3 of the nori sheet. Now spread a tablespoon of cream cheese about 3 cm wide in the middle of the rice. Place the avocado and surimi strips on each, about 3 to 4 strips each. Then carefully roll up with even pressure. This results in pretty thick maki rolls. Brush the roll with a little water or rice vinegar /

water mixture (this makes it easier to cut). Cut off the ends, cut the roll into pleasant pieces, at least 1.5 cm long.

NUTRITION: Calories: 390 Carbs: 12 Sugar: 5 Fat: 19
Protein: 46

23. Sake Maki (Salmon)

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

INGREDIENTS:

- 250 g of rice (sushi rice)
- 375 ml of water
- 1 tbsp of rice vinegar
- ½ tbsp of mirin
- ½ tbsp of sugar
- 1 teaspoon of salt
- 6 nori sheets
- 250 g of salmon steak, in the pan from both sides for 8 min. Fried and cut into strips
- 1 teaspoon of wasabi paste
- 6 cm salad cucumber, with skin, cut into thin strips
- ½ bell pepper, red, cut into thin strips



DIRECTIONS:

1. Wash the rice in a sieve under running water until the draining water is clear. Bring the rice to a boil with the water in a saucepan, reduce the heat considerably and cook the rice for 10-12 minutes. In the meantime, mix the rice vinegar with mirin, sugar and salt in a small bowl until everything is completely dissolved. Put the rice in a flat bowl (no metal!) And let it cool for 10 minutes. Add the rice vinegar solution and carefully fold in with a wooden spoon. Let cool completely and divide into 6 equal portions.
2. Now place a nori sheet with the glossy side down on a bamboo mat and spread 1 rice portion thinly and evenly on it; Leave a 1.5 cm margin at one end. Use a spoon to make a furrow in the front third across the direction of the roll and apply wasabi paste. Be careful, wasabi is pretty hot! Then put the fried salmon strips in the furrow and place cucumber strips and / or pepper strips behind them as you like. Moisten the free end of the nori sheet with a little water. Now raise the bamboo mat at the front a little and lift the nori sheet around the filling under gentle pressure. Raise the bamboo mat further while rolling in the sushi roll until it is completely closed. You have to practice that a couple of times. For me it worked quite well the first time!

3. In the end there are 6 pretty sushi rolls in front of you, waiting for the final maki shape. Now it's time to prepare the tool, meaning to make a good knife ultra-sharp. Otherwise the maki sushi look more like car tires! Place a sushi roll on a wooden board and cut the ends clean straight (the remains are for the cook!). Always immerse the knife in cold water before each further cutting! Divide the sushi roll in the middle and cut each half into 4 equal maki sushi. Arrange on a large plate with the cut surface facing up. Cool the finished sushi or consume it immediately.
4. Set the table, prepare sushi sashimi sauce, wasabi paste and pickled ginger and enjoy piece by piece!

NUTRITION: Calories: 303 Fat: 19g Net Carbs: 6g Protein: 27g

24. Tekka Maki (Tuna)



Preparation time: 30 minutes

Cooking time: 35 minutes

Servings: 1

INGREDIENTS:

- 1 can of tuna in water
- 5 tbsp of mayonnaise
- Salt
- Pepper
- Nori sheets
- 100 g of rice, (sushi rice)
- Sugar
- Rice wine

DIRECTIONS:

1. Wash out the sushi rice. This means running water over it until only clear water is left.
2. Then cook according to the package instructions. Put 1/2 teaspoon of sugar in 2 tablespoons of rice wine vinegar and heat. Stir the warm vinegar slowly under the still warm, cooked rice.
3. Mix the tuna with the mayo and salt and pepper and season to taste.
4. For the tuna sushi, place a nori sheet (with the smooth side) on a bamboo mat and spread the adhesive rice thinly on it so that approx. 3/4 of the sheet is covered with rice. A small margin should be left at the top and bottom. In the middle comes a narrow strip with the prepared tuna.
5. Roll everything up and put in the fridge for a few minutes. Then cut the sushi roll and sushi pieces with a lightly dampened and sharp knife.
6. Ginger, wasabi and teriyaki sauce can also be served.

NUTRITION: Calories: 400 Fat: 30g Net Carbs: 0g
Protein:30g

25. Kimchi Maki



Preparation time: 30 minutes

Cooking time: 40 minutes

Servings: 3

INGREDIENTS:

- 100 ml of sushi rice
- 1 tbsp of sesame oil, dark
- 1 tbsp of rice vinegar
- 1 tbsp of sesame
- 1 teaspoon of salt
- Spring onion, green part
- 1 pack of nori sheets
- 6 tbsp of kimchi

DIRECTIONS:

1. Cook the rice with double the amount of water over medium heat. Add a little more water if necessary.

Let the rice cool and then stir in the sesame oil, rice vinegar, sesame seeds and salt.

2. Spread 2 tablespoons of rice on the lower half of the nori leaf and add a row of spring onions and 2 tablespoons of kimchi. Roll up and dampen the end with water to make it stick better.
3. Place the sushi roll with the seam facing down on a wooden board. Do the same with the other two Nori sheets. Finally cut the rolls into 1.5 - 2 cm thick slices and serve with a little soy sauce.

NUTRITION: Calories: 209 Fat: 4g Net Carbs: 3g Protein: 23g

SASHIMI RECIPES

26. Miso Soy Tuna Sashimi



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 12 oz sushi grade tuna, sliced thinly;
- ½ tsp wasabi paste;
- 2 tbsp soy sauce;
- 1 tsp miso;
- ½ fresh lemon juice;

- 2 tbsp olive oil.

DIRECTIONS:

1. In a small bowl, whisk together oil, wasabi, soy sauce, and lemon juice;
2. Place tuna in a dish. Pour oil mixture over the tuna and let sit for 10-15 minutes;
3. Serve and enjoy.

NUTRITION: Calories 229; Fat 14.2 g; Carbohydrates 1.2 g; Sugar 0.4 g; Protein 23.3 g; Cholesterol 26 mg.

27. Chive Soy Tuna Sashimi



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 1 lb fresh sashimi quality tuna, sliced thinly;
- ½ tsp chives, sliced;
- 2 tsp sesame seeds, toasted;
- 4 tsp Shiro dashi;
- 2 tsp olive oil;

DIRECTIONS:

1. Arrange sliced fish on a dish;

2. In a small bowl, mix together olive oil and Shiro dashi;
3. Drizzle olive oil mixture over sliced fish;
4. Sprinkle with chives and sesame seeds;
5. Serve and enjoy.

NUTRITION: Calories 120; Fat 6.1 g; Carbohydrates 0.2 g; Sugar 0 g; Protein 15.2 g; Cholesterol 18 mg.

28. Salmon Sashimi



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- $\frac{3}{4}$ lb salmon fillets, boneless and skin off;
- 1 spring onion, shredded;
- $\frac{1}{4}$ cup fresh coriander, chopped;
- 2 radishes, sliced thinly and cut into julienne;
- 1 baby carrot, shredded;

For dressing:

- 1 red chili, chopped;
- 1 ginger piece, sliced and cut into julienne;
- 1 tsp sesame oil;
- 2 tsp mirin;

- 1 tbsp rice vinegar;
- ¼ cup fresh lemon juice;
- ¼ cup soy sauce.

DIRECTIONS:

1. In a small bowl, whisk together all dressing ingredients;
2. Toss dressing with carrot and radish and leave to marinate for 10 minutes;
3. Meanwhile, sliced the salmon thinly using a sharp knife;
4. Arrange salmon on serving dish and top with marinated veggies and dressing;
5. Garnish with spring onion and coriander;
6. Serve and enjoy.

NUTRITION: Calories 144; Fat 6.5 g; Carbohydrates 3.3 g; Sugar 1.5 g; Protein 17.8 g; Cholesterol 38 mg.

29. Ginger Salmon Sashimi



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- ¾ lb salmon fillet, boneless, skin off and sliced thinly;
- 2 tbsp cilantro leaves;

- 1 ½ tsp sesame seeds, toasted;
- 1 tsp sesame oil;
- 2 tbsp grapeseed oil;
- 1 tbsp chives, chopped;
- 1 ginger piece, sliced and cut into julienne;
- 1 tsp fresh orange juice;
- 1 tsp fresh lime juice;
- 6 tbsp soy sauce.

DIRECTIONS:

1. In a small bowl, mix together orange juice, lime juice, and 2 tbsp soy sauce;
2. In another bowl, toss salmon with remaining soy sauce and let sit for 1-2 minutes;
3. Arrange salmon slices on dish and top with chives and ginger;
4. Heat sesame oil and grapeseed oil in a small saucepan over high heat for 2 minutes;
5. Drizzle hot oil over sliced salmon. Spoon the orange juice mixture on top;
6. Garnish with cilantro leaves and sprinkle with sesame seeds;
7. Serve and enjoy.

NUTRITION: Calories 138; Fat 7 g; Carbohydrates 1.7 g; Sugar 0.4 g; Protein 17.7 g; Cholesterol 38 mg.

30. Healthy Tuna Sashimi



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 6 oz sashimi grade tuna;
- 1 tbsp prepared wasabi;
- 1 tsp sesame seeds, toasted;
- 1 tsp fresh chili paste;
- ¼ tsp sesame oil;
- ¼ cup soy sauce;
- 1 tbsp green onion, sliced.

DIRECTIONS:

1. Sliced tuna using a sharp knife;
2. Arrange sliced tuna on a dish;
3. In a small bowl, whisk together wasabi, chili paste, sesame oil, and soy sauce;
4. Drizzle sauce mixture over sliced tuna;
5. Garnish with green onion and sprinkle with sesame seeds;
6. Serve and enjoy.

NUTRITION : Calories 99; Fat 4.3 g; Carbohydrates 2 g; Protein 12.5 g; Cholesterol 14 mg.

31. Sea Bass Sashimi



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb sashimi grade sea bass fillets, skin off and sliced thinly;
- 1 orange, segmented;
- 2 tbsp sesame seeds, toasted;
- 1 fresh red chili, chopped;
- 1 kaffir lime leaf, shredded;
- 1 tbsp fresh ginger, grated;
- 1 tbsp sesame oil;
- 1 tbsp fish sauce;
- 2 tbsp fresh orange juice;
- 2 tbsp soy sauce.

DIRECTIONS:

1. Arrange sliced dish on the dish;
2. In a small bowl, whisk together soy sauce, sesame seeds, chili, lime leaf, ginger, sesame oil, fish sauce, and orange

juice;

3. Arrange orange segments over fish;
4. Drizzle sliced fish with dressing and serve.

NUTRITION: Calories 232; Fat 8.7 g; Carbohydrates 9 g; Sugar 5.3 g; Protein 28.9 g; Cholesterol 60 mg.

32. Delicious Tuna Sashimi



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 1 lb sashimi grade tuna, sliced thinly;
- ½ cup soy sauce;
- 4 spring onions, sliced;
- 1 tbsp fresh lime juice;
- 2 tbsp olive oil;
- 2 avocados, cut into thick slices.

DIRECTIONS:

1. Arrange tuna and avocado slices on a dish;
2. Mix together lime juice and olive oil and pour over sliced tuna and avocado;

3. Garnish with spring onion and serve with soy sauce.

NUTRITION: Calories 332; Fat 23.9 g; Carbohydrates 8.1 g;
Sugar 0.9 g; Protein 22.8 g; Cholesterol 23 mg.

SUSHI SOUP & SALAD RECIPES

33. Healthy Sushi Salad



Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 4

INGREDIENTS:

- 1 cup brown rice;
- 1 avocado, peeled, pitted, and sliced;
- 2 sheet nori, cut into strips;
- 1 cup shelled edamame;
- 1 cucumber, peeled and chopped;
- 2 carrots, chopped;
- 3 green onions, chopped;
- 2 tbsp pickled ginger, chopped;
- 3 tbsp olive oil;
- 1 tbsp sesame seeds;
- ¼ cup sugar;
- ¼ cup rice vinegar;

- 2 ¼ cups water;
- 1 ½ tsp salt;

For dressing:

- 2 tbsp soy sauce;
- 3 tbsp water;
- 2 tsp wasabi powder.

DIRECTIONS:

1. Add rice and water in a large pot. Bring to simmer;
2. Cover pot with lid and cook on low for 45 minutes;
3. Meanwhile, in a saucepan, add vinegar, salt, and sugar. Bring to boil and stir until sugar is dissolved. Remove pan from heat;
4. Transfer cooked rice to a large mixing bowl. Add vinegar mixture and stir well;
5. Add nori strips, edamame, cucumber, carrot, green onions, ginger, oil, sesame seeds, and remaining vinegar and stir well;
6. Top with avocado slices;
7. In a small bowl, mix together all dressing ingredients and drizzle over salad;
8. Serve and enjoy.

NUTRITION: Calories 530; Fat 24.8 g; Carbohydrates 66.5 g; Sugar 16.8 g; Protein 10.9 g; Cholesterol 0 mg.

34. Veggie Sushi Roll Salad



Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 4

INGREDIENTS:

- ¼ cup sushi rice;
- 1 avocado, sliced;
- 4 radishes, sliced;
- 1 carrot, grated;
- 1 romaine lettuce head, chopped;
- 1 tbsp sesame seeds, roasted;

For dressing:

- ¼ tsp ground ginger;
- ½ tsp sesame oil;
- 2 tbsp olive oil;
- 2 tbsp soy sauce;

DIRECTIONS:

1. Cook rice according to the packet instructions and set aside to cool.
2. Take two serving plates and layer the ingredients with lettuce on the bottom, then rice, and veggies. Top with

avocado slices.

3. In a small bowl, whisk together all dressing ingredients.
4. Pour dressing over salad and serve.

NUTRITION: Calories 491; Fat 37.4 g; Carbohydrates 37.7 g; Sugar 4.1 g; Protein 6.4 g; Cholesterol 0 mg.

35. Simple Sushi Salad



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 3 cups cooked white rice;
- 1 tbsp sesame seeds;
- 3 nori sheets, cut into small pieces;
- 1 carrot, peeled and diced;
- ½ cucumber, peeled and diced;
- 2 tsp sugar;
- ¼ cup vinegar;
- 1 tsp sugar.

DIRECTIONS:

1. Cook rice according to the packet instructions;
2. Transfer cooked rice into the large mixing bowl;

3. Add vinegar, sugar, and salt to the rice and toss well;
4. Add cucumber, carrot, nori sheet, and sesame seeds and toss well;
5. Serve and enjoy.

NUTRITION: Calories 444; Fat 2.9 g; Carbohydrates 93.7 g; Sugar 8.9 g; Protein 8.9 g; Cholesterol 0 mg.

36. Shrimp Sushi Salad



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 2 cups cooked brown rice;
- 1 cup avocado, diced;
- 1 cup cucumber, diced;
- 1 cup carrot, diced;
- ½ lb shrimp, cooked and chopped;
- 1 tbsp chia seeds;
- 2 tbsp vinegar;

For dressing:

- 1 tbsp rice vinegar;
- 1 tsp honey;

- 1 tsp sriracha;
- 3 tbsp mayonnaise.

DIRECTIONS:

1. In a large bowl, mix together rice, chia seeds, and vinegar;
2. In a small bowl, whisk together all dressing ingredients;
3. Just before serving add cucumber, carrot, and shrimp into the rice and stir well;
4. Top with avocado and drizzle with dressing;
5. Serve and enjoy.

NUTRITION: Calories 379; Fat 13.9 g; Carbohydrates 47.4 g; Sugar 4.1 g; Protein 18.5 g; Cholesterol 122 mg.

37. Simple Sushi Rice Salad



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 7

INGREDIENTS:

- 2 cups sushi rice, uncooked;
- 1 tsp sea salt;
- 2 cups water;

- 1 nori sheet, cut into strips;
- 1 tbsp sesame seeds, toasted;
- ¼ cup onion, minced;
- 1 cup cucumber, peeled and chopped;

For dressing:

- ¼ tsp prepared wasabi;
- 1 garlic clove, minced;
- 1 tsp ginger, grated;
- 1 tbsp soy sauce;
- 1 tbsp sesame oil;
- 1 tbsp olive oil;
- ½ cup rice vinegar.

DIRECTIONS:

1. In a saucepan, add rice, water, and salt. Bring to boil. Cover pan with lid and simmer for 20 minutes;
2. Remove from heat and uncover and set aside to cool;
3. In a small bowl, mix together all dressing ingredients;
4. Add onion, cucumber, sesame seeds, and dressing to the rice and stir well to combine;
5. Sprinkle with nori and serve.

NUTRITION: Calories 253; Fat 5 g; Carbohydrates 44 g; Sugar 0.5 g; Protein 4.4 g; Cholesterol 0 mg.

38. Sushi Shiso Salad



Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 8

INGREDIENTS:

- 1 cup brown rice;
- 1 avocado slice;
- 2 green onions, sliced;
- 1 carrot, cut into julienne;
- 1 cucumber, peeled and sliced;
- 1 tbsp pickled ginger, chopped;
- 5 shiso leaves, washed, roll and slice into 1/6 inch pieces;
- 1 nori sheet, cut into strips;
- 1 tbsp avocado oil;
- 1 tbsp honey;
- 2 tbsp mirin;
- 1 tsp wasabi powder;
- 3 tbsp rice vinegar;
- 2 tsp soy sauce;
- 2 cups water;
- ½ tsp sea salt.

DIRECTIONS:

1. Add rice, water, and soy sauce to the pot and bring to boil. Reduce heat and cook for 50-55 minutes. Remove from heat and set aside;
2. In a small bowl, whisk together wasabi powder and vinegar. Mix in honey, oil, mirin, and salt. Pour into the rice and stir gently;
3. Add shiso leaves and nori to the rice;
4. Add green onions, carrots, cucumber, and pickled ginger to rice. Mix well and place in refrigerator until chilled;
5. Top with avocado slice and serve.

NUTRITION: Calories 135; Fat 2.5 g; Carbohydrates 25.2 g; Sugar 4.3 g; Protein 2.4 g; Cholesterol 0 mg.

39. [Sushi Salad with Sauce](#)



Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 2

INGREDIENTS:

- 2 cups brown rice;
- 2 tsp fresh lemon juice;
- 2 nori sheets, cut into pieces;

- 1 tbsp sesame seeds;
- 2 avocados, peeled and chopped;
- 2 pears, chopped;
- 1 cucumber, peeled and chopped;
- 4 ½ cups water;

For sauce:

- ¼ tsp red pepper flakes;
- ¼ tsp ground ginger;
- 2 tsp maple syrup;
- 1 tbsp rice vinegar;
- 2 tbsp tamari;
- 1 garlic clove;
- ½ cup peanut butter;
- ½ cup water.

DIRECTIONS:

1. For sauce: Add all sauce ingredients into the blender and blend until smooth;
2. Add rice and water into the saucepan and bring to boil. Reduce heat and simmer for 45-50 minutes. Fluff cooked rice with a fork and set aside;
3. In a large bowl, mix together lemon juice, avocados, and pears;
4. Add cucumber and sesame seeds and stir well;
5. Add cooked rice, nori, and sauce and stir well;
6. Serve and enjoy.

NUTRITION: Calories 562; Fat 26.5 g; Carbohydrates 73.3 g; Sugar 11.5 g; Protein 13.1 g; Cholesterol 0 mg.

40. [Sushi Salmon Salad](#)



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 cups cooked brown rice;
- 1 nori sheet, cut into pieces;
- ¼ cup pickled ginger, chopped;
- 1 ¼ cup cucumber, chopped;
- 4 oz smoked salmon, chopped;
- 3 ½ cup arugula;

For dressing:

- ½ tsp sesame oil;
- 2 tsp olive oil;
- ¾ tsp honey;
- 1 tsp wasabi paste;
- 1 tbsp rice vinegar;
- 1 ½ tbsp soy sauce.

DIRECTIONS:

1. In a large bowl, add cooked rice, nori, ginger, cucumber, salmon, and arugula and mix well;

2. In a small bowl, whisk together all sauce ingredients;
3. Pour dressing over salad and stir well;
4. Serve and enjoy.

NUTRITION: Calories 444; Fat 7.5 g; Carbohydrates 79.8 g; Sugar 2.3 g; Protein 14 g; Cholesterol 7 mg.

41. Sushi Rice Soup



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 2 cups cooked brown rice;
- 10 oz tofu, cut into cubes;
- 1 tbsp tamari;
- 1 tsp sesame seeds;
- 1 tbsp sesame oil;
- 1 tsp miso;
- 1 vegetable stock cube;
- 4 mushrooms, chopped;
- 2 Chinese cabbage leaves, chopped;
- ½ leek, sliced;

- Pepper;
- Salt.

DIRECTIONS:

1. Add leeks, tamari, sesame seeds, sesame oil, miso, stock cube, mushrooms, cabbage, pepper, and salt in a saucepan with enough water to cover. Bring to boil and cook on low heat until vegetables are cooked;
2. Add rice and tofu and stir everything well;
3. Stir well and serve.

NUTRITION: Calories 407; Fat 15.4 g; Carbohydrates 52 g; Sugar 2.8 g; Protein 19 g; Cholesterol 0 mg.

42. Miso Soup



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 3

INGREDIENTS:

- 1 nori sheet, chopped;
- 3 tbsp white miso paste;
- ¼ cup firm tofu, cut into cubed;
- ½ cup green onion, chopped;
- ½ cup green chard, chopped;
- 4 cups water.

DIRECTIONS:

1. Add water in a saucepan and simmer over low heat;
2. Add nori and simmer for 5 minutes;
3. Meanwhile, in a small bowl, add miso and little hot water and whisk until smooth. Set aside;
4. Add tofu, green onion, and green chard to the saucepan and cook for 5 minutes;
5. Remove saucepan from heat and add miso mixture and stir well;
6. Serve warm and enjoy.

NUTRITION: Calories 88; Fat 2 g; Carbohydrates 9 g; Sugar 2.5 g; Protein 7 g; Cholesterol 0 mg.

SOME TRADITIONAL JAPANESE OSHI SUSHI RECIPES

43. Oshi Sushi Mackerel

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings:3

INGREDIENTS:

- 1 Horse Mackerel
- Salt
- Sweet salted ginger (cut) to taste
- 5 Shiso leaves
- Sushi rice as required
- Oshi Box Mold

DIRECTIONS:

1. Take the Mackerel fish and cut it in 3 pieces. You must evacuate all the bones of fish with the assistance of bone tweezers. You can likewise ask to the fish merchant to clean your fish from any bones.
2. Utilize some paper towels to praise the fish dry and after that place the fish in a shallow dish at a slight edge. Spread both sides of the fish with salt and put the fish inside fridge for around 30 minutes. (You do this on the grounds that in the wake of salting you can evacuate the skin of the fish effortlessly with your hand, begin with the head and work some way or another down)
3. Take your oshi box mold (you can outline it with plastic wrap in the event that you like) and spot the cuts of cleaned steed mackerel on the base then place the sushi rice over it and place some shiso leaves over the rice. Now place the shiso leaves with some more rice and

spread. Cover and press the top Flip over and cut with a sharp blade. Serve with soy sauce or chilli sauce.

NUTRITION: Calories: 370 Fat: 15.7g Net Carbs: 0.9g Protein: 50.7g

44. Japanese Oshi-Sushi with Western Touch

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 5

INGREDIENTS:

- 10 cuts of Smoked salmon some
- 1 bowl of cooked sushi rice
- 1 tablespoon of Grainy Dijon mustard
- 1 Cucumber
- 1 Egg
- 1/ 2 teaspoon of Sugar
- Pinch of salt
- Spicy Mayonnaise

DIRECTIONS:

1. Join the cooked sushi rice and grainy Dijon mustard delicately with a rice paddle. Mesh the egg, include some sugar, salt and work again and cook the egg as a crumbled egg. Squeeze the crumbled egg so it is not cumbersome and fold it into the rice as you did with the Dijon mustards.
2. Take the cucumber and peel it leaving shades of green on it then cut it a vegetable peeler into long thin shavings. You must cut the salmon fit as a fiddle and size that of cucumber. Take a bit of plastic wrap and set it on a level surface, mastermind the salmon strips and cucumber vertically in a flat column as takes after: cucumber, then salmon, cucumber then salmon.

3. Note: make the line the length of the rectangular box form every strip ought to cover the accompanying strip at about half cm.
4. Deliberately put the wrap with the cucumber and salmon course of action into the mold (the strips ought to run up both sides the long way). Utilize your hands to edge the base and sides with the strips. Spoon the rice mixture into the mold, put the top on the mold and press tight for some time. Carefully expel the sushi from the mold. You ought to be left with an extraordinary looking sushi. Utilize a sharp blade to cut into pieces then precisely evacuate the plastic wrap off every cut. Present with salted ginger and spicy mayo sauce.

NUTRITION: Calories: 360 Fat: 15g Net Carbs: 0.8g Protein: 52.1g

SOME DELICIOUS JAPANESE CHIRASHI SUSHI RECIPES

45. Traditional Japanese Chirashi Sushi Mix

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 6

INGREDIENTS:

- ½ lb of sashimi/ sushi-grade fish cuts
- 8 dried shiitake mushrooms
- 1 cucumber, (cut julienne)
- 2 oz impersonation crab(diced or destroyed)
- 2 Tbsp white sesame seeds
- 3 eggs
- 1 teaspoon of sugar
- 4 bowls of readied sushi rice

For Sauce:

- Water from shiitake mushrooms
- 1 Tbsp soy sauce
- 1 tsp mirin
- 1 Tbsp sugar

DIRECTIONS:

1. Place the fish cuts to absorb 2 tablespoons of soy sauce and include a bit of wasabi and put aside. Expel originates from shiitake and cut meagrely, hydrate in some warm water, then spare this water to add to the sauce. To make the sauce: Re-warm 2/ 3 of the shiitake mushroom water in a medium dish, blend in the soy sauce, mirin, sugar then include the shitake mushrooms.

2. Permit it to stew on low warmth until the entire water vanishes, then put it aside. Mesh the eggs in a dish and season them with 1 teaspoon of sugar.
3. Take a medium measured skillet and place over medium warmth oil it with oil and pour in a tad bit of the meshed eggs and spread them around the skillet as though you were shaping a dainty crepe. Do this until the egg mixture has completed and you have a few slight omelettes. Cut the slight sheets of omelette into flimsy long strips. Place the sushi rice in a pleasant serving dish or on the off chance that you lean toward individual dishes.
4. Begin spreading the shiitake mushrooms over the rice, then the cucumber, then the impersonation crab meat and spread the egg strips everywhere, pleasantly put the sashimi fish on the top and after that sprinkle sesame seeds over everything.

NUTRITION: Calories: 386 Fat: 23.5g Net Carbs: 4.9g Protein: 38g

46. Japanese Chirashi Sushi Rice Salad

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 10

INGREDIENTS:

- 2 bowls of uncooked rice
- 1 sheet dried kelp
- 1 Tbsp plum vinegar
- 2 Tbsp rice vinegar
- 2 Tbsp chestnut sugar
- 3 pieces dried shiitake mushrooms (absorb them some water)
- ½ medium carrot
- ⅓ burdock root

- 1 lotus root
- 2 Tbsp mirin
- 1 Tbsp chestnut sugar
- 2 Tbsp soy sauce
- 3 Eggs
- Vegetable Oil
- Kelp
- White daikon grows (Japanese ginger)

DIRECTIONS:

1. Cut all the vegetables into strips. Boil cleaved vegetables in mushroom doused water, mirin, cocoa sugar and soy sauce.
2. Put a sheet of dried kelp while you make the rice. Blend cooked rice with plum vinegar, rice vinegar, and cocoa sugar. Strain boiled vegetables and include them into blended rice.
3. Whisk the eggs and softly sear in a skillet to make julienned stripped of flimsy omelette. Enrich blended rice with portions of omelette, ocean growth, white daikon grows, Japanese ginger and whatever you like. Serve with soy sauce and enjoy.

NUTRITION: Calories: 153 Fat: 6g Net Carbs: 7g Protein: 15g

47. [Delicious Japanese Crab Chirashi Sushi](#)

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 3

INGREDIENTS:

- 2 1/4 bowls of sushi rice
- for sushi vinegar (1/4 container rice vinegar, 2 Tbsp sugar, 1 tsp salt)

- 8 dried shiitake mushrooms, rehydrated in some warm water *keep the water for cooking
- (1 Tbsp soy sauce, 1 Tbsp sugar, 1 tsp mirin)
- 3 eggs and 1/2 Tbsp sugar
- 1 cucumber, julienned
- 1/2 lb sashimi/sushi-grade fish cuts, marinated in 2 Tbsp of soy sauce and a tad bit of wasabi (in the event that you would like)
- 2 oz impersonation crab, destroyed
- 2 Tbsp white sesame seeds

DIRECTIONS:

1. Set up every fixing before cooking your rice then cook your rice with equivalent measure of water. Make sushi vinegar by blending rice vinegar, sugar, and salt in a sauce container. Put the dish on low warmth and warmth until the sugar breaks up. Cool the vinegar mixture. Spread the hot steamed rice into a huge plate or a substantial dish. Sprinkle the vinegar mixture over the rice and fold the rice by shamoji (rice spatula) rapidly.
2. In the meantime, expel originates from shiitake and cut daintily. Heat 2/3 cups of the water utilized for rehydrating shiitake as a part of a medium skillet. Include shiitake and soy sauce, sugar, and mirin. Stew shiitake on low warmth until the fluid is very nearly gone. Make flimsy pieces of omelettes as portrayed in the prior formulas of Chirsashi.
3. Serve sushi rice on a vast plate or individual dishes. Spread stewed shiitake, cucumber, impersonation crab meat, and omelette strips over rice. Place fish sashimi on top. Sprinkle sesame seeds.

NUTRITION: Calories: 277 Fat: 9.3g Net Carbs: 3.2g Protein: 41.8g

48. Quick and Easy Japanese Chirashi Sushi

Preparation Time: minutes

Cooking Time: minutes

Servings:

INGREDIENTS:

- 2 bowls of cooked sushi rice
- 1 parcel Chirashi Sushi Mix
- Kinshi Tamago (omelette strips as described in earlier Chirashi sushi recipes)
- Ikura (salmon roe)
- Modest bunch of whitened snow peas
- Nori (Shredded nori sheet)

DIRECTIONS:

1. Place warm cooked rice in a vast dish (I utilize hangiri, a wooden level dish, for sushi). Include one parcel of Chirashi Sushi Mix while the rice is hot. Fold everything together with the rice.
2. As opposed to “blending”, you have to cut through rice utilizing a rice oar to particular the grains. Serve in a dish or plate and trimming with Kinshi Tamago, ikura, and snow pea.
3. You can put any fixing you like, for example, your most loved sashimi. Spot destroyed nori sheet on top just before you serve (else it they will wither rapidly).
4. Serve with any sauce of your choice and enjoy.

NUTRITION: Calories: 471 Fat: 18g Net Carbs: 9g Protein: 27g

SOME DELICIOUS CHICKEN, TURKEY, HAM, AND FISH SUSHI RECIPES

49. Delicious Chicken Teriyaki Sushi Roll

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 1 cooked chicken breasts, cut into slender pieces
- 2 tablespoon spread
- 3 tablespoons Teriyaki sauce
- 1 scallion, cut into dainty pieces
- 1 bowl of cooked sushi rice
- 4 sheet of nori

DIRECTIONS:

1. Submerge the cooked chicken in the Teriyaki sauce for 15 minutes. Melt the spread in a skillet and include the chicken and Teriyaki sauce and cook quickly until warmed. Save the sauce.
2. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap. Solidly pat a thick, even layer of rice over nori. Lay the chicken pieces evenly over the sushi rice and afterward the scallion on top.
3. Shower the held Teriyaki sauce uniformly over the top. Move the mat over once far from you, squeezing gently, leaving around one inch of the rice free. Stop then keep moving and delicately squeezing until you feel underneath your hands that you are structuring a long firm roll. Make little rolls of sushi using a sharp blade. Present with a sauce of your choice.

NUTRITION: Calories: 337 Fat: 18.7g Net Carbs: 0.8g
Protein: 34.5g

50. Tasty Leftovers Sushi Rolls

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- extra cooked turkey cut daintily
- 4 tablespoons warm extra turkey stuffing
- 4 tablespoons extra cranberry sauce
- 1 bowl of cooked sushi rice
- Some nori sheets

DIRECTIONS:

1. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap. Solidly pat a thick, even layer of rice over nori. Lay the cut turkey evenly over the sushi rice.
2. Next, equitably layer some remaining turkey stuffing. Next, uniformly spread extra cranberry sauce ludicrous.
3. Move the mat over once far from you, squeezing delicately, leaving around one inch of the rice free. Stop then keep moving and tenderly squeezing until you feel underneath your hands that you are structuring a long firm roll.
4. Cut the roll into evenly size pieces and serve with garlic or soy sauce.

NUTRITION: Calories: 455 Fat: 28g Net Carbs: 11g Protein: 34g

51. British Chicken Sushi Roll

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 5

INGREDIENTS:

- 1 cooked chicken breasts, cut meagrely
- 4 tablespoons mango chutney
- 2 tablespoons raisins, dull or brilliant
- 1 tablespoon mayonnaise
- 1 teaspoon curry powder
- 1/4 celery stalk, minced
- 1 bowl of cooked sushi rice
- Some nori sheets

DIRECTIONS:

1. Whisk together the curry and mayonnaise and throw the chicken cuts so they are equitably and softly covered.
2. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap. Solidly pat a thick, even layer of rice over nori. Lay the chicken cuts evenly on the sushi rice. Spread the mango chutney uniformly over the top. Sprinkle the minced celery on top of the chutney. Sprinkle the raisins on top of the celery layer.
3. Move the mat over once far from you, squeezing delicately, leaving around one inch of the rice free. Stop then keep moving and tenderly squeezing until you feel underneath your hands that you are framing a long firm roll. Cut the roll into evenly sized pieces and serve with soy sauce.

NUTRITION: Calories: 393 Fat: 16.2g Net Carbs: 1.5g Protein: 56.3g

52. [Delicious Ham and Cheese Sushi Roll](#)

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 7

INGREDIENTS:

- 1 cut store ham, cut into dainty cuts
- 1 cut store Swiss cheddar, cut into dainty cuts
- 4 tablespoons shop coleslaw
- 1-2 tablespoons mustard (contingent upon your taste, pretty much)
- 1 bowl of cooked sushi rice
- Some nori sheets

DIRECTIONS:

1. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap.
2. Solidly pat a thick, even layer of rice over nori. Spread the mustard over the sushi rice on the nori sheets. Lay the cuts of ham on top, then layer the cuts of Swiss cheddar. Spoon and spread the coleslaw equitably over the highest point of the cheddar.
3. Move the mat over once far from you, squeezing delicately, leaving around one inch of the rice free. Stop then keep moving and tenderly squeezing until you feel underneath your hands that you are shaping a long firm roll. Cut the large roll into evenly sized small rolls and serve.

NUTRITION: Calories: 131 Fat: 7.5g Net Carbs: 0.4g
Protein: 14.6g

53. [BBQ Hamburger Sushi Roll](#)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 5

INGREDIENTS:

- 1/8 pound cheeseburger cooked in a little water in a skillet and depleted well

- 4 tablespoons BBQ sauce
- 2 tablespoons relish
- 3 tablespoons finely slashed red onion
- 1 bowl of cooked sushi rice
- Some nori sheets

DIRECTIONS:

1. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap. Solidly pat a thick, even layer of rice over nori.
2. Blend the BBQ sauce and the relish, then spread equitably on a level plane over the sushi rice. Spread the cooked ground sirloin sandwich over the top. Sprinkle the cleaved red onion on top.
3. Move the mat over once far from you, squeezing delicately, leaving around one inch of the rice free. Stop then keep moving and tenderly squeezing until you feel underneath your hands that you are framing a long firm roll. Cut the large roll into small evenly sized rolls and serve.

NUTRITION: Calories: 304 Fat: 42g Net Carbs: 4g Protein: 30g

54. Famous California Crab Sushi Roll

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 1 little bundle of crab meat (or impersonation crab meat)
- 2 tablespoons mayonnaise
- 1/2 avocado, peeled and cut into long thin pieces then threw with lemon juice

- 1/2 cucumber, peeled, cored to take out the seeds, and cut into long thin pieces
- enough lemon juice to layer avocado cuts to keep them from turning cocoa
- 1 bowl of sushi rice
- Some nori sheets

DIRECTIONS:

1. Throw the crab meat or impersonation crab meat daintily with the mayonnaise to cover. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap.
2. Solidly pat a thick, even layer of rice over nori. Lay flimsy cuts of avocado on the sushi rice on a level plane. At that point include a layer of crab meat on top. Next, lay long thin bits of cucumber on top of the crab meat.
3. Move the mat over once far from you, squeezing delicately, leaving around one inch of the rice free. Stop then keep moving and delicately squeezing until you feel underneath your hands that you are structuring a long firm roll.
4. Cut the large roll into small evenly sized rolls and serve.

NUTRITION: Calories: 210 Fat: 8g Net Carbs: 3g Protein:29g

55. Delicious Smoked Salmon Sushi Roll

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 3

INGREDIENTS:

- 2 ounces smoked salmon, daintily cut in long pieces
- 2 ounces icy cream cheddar, moved by hand into long round pieces
- 1/4 little red onion, peeled, cut meagerly

- 1 tablespoon of escapades
- some nori sheets
- 1 bowl of cooked sushi rice

DIRECTIONS:

1. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap. Solidly pat a thick, even layer of rice over nori. Lay slender cuts of salmon on the sushi rice evenly. At that point include a layer of the cream cheddar on top.
2. Next, lay long thin cuts of red onion on top of the cream cheddar and sprinkle uniformly with escapades.
3. Move the mat over once far from you, squeezing daintily, leaving around one inch of the rice free. Stop then keep moving and tenderly squeezing until you feel underneath your hands that you are shaping a long firm roll. Cut the roll into evenly size pieces and serve.

NUTRITION: Calories: 313 Fat: 14.2g Net Carbs: 6g Protein: 36.1g

56. Tangy Tuna Salad Roll

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 2

INGREDIENTS:

- 1/4 glass canned tuna, depleted
- 2 tablespoons mayonnaise
- 1/4 teaspoon Dijon mustard
- 1 teaspoon Sriracha sauce or hot bean stew sauce or stew garlic sauce
- 1/4 teaspoon toasted sesame oil
- 1 scallion or spring onion or 1 tablespoon finely slashed onion

- Some nori sheets
- 1 bowl of cooked sushi rice

DIRECTIONS:

1. Whisk together the mayonnaise, Dijon mustard, Sriracha or bean stew sauce, and the toasted sesame oil. Mix the sauce into the fish.
2. Spread a bamboo sushi mat with plastic wrap and lay a sheet of nori, harsh side up, on wrap. Solidly pat a thick, even layer of rice over nori.
3. Spread an even layer of the fish mixed greens on a level plane over the sushi rice. Sprinkle the scallion or onion on top of the fish mixed greens.
4. Move the mat over once far from you, squeezing delicately, leaving around one inch of the rice free. Stop then keep moving and delicately squeezing until you feel underneath your hands that you are structuring a long firm roll.

NUTRITION: Calories: 389 Fat: 24.1g Net Carbs: 3.23g
Protein: 36g

DESSERTS RECIPES

57. Sushi sweet



Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6

INGREDIENTS:

- 200 g of rice pudding
- 1 liter of milk
- 1 pinch of salt
- 5 tbsp of sugar
- Vanilla bean
- 100 g of grated coconut
- Mango, ripe
- 200 g of strawberries
- 8 kiwi
- Fruit for decoration

DIRECTIONS:

1. First prepare the rice pudding according to the package instructions with sugar, salt, milk and scraped-out vanilla pulp, it should be sticky and not too firm. While the rice pudding is cooking, grate the grated coconut in a pan over medium heat without fat until it is fragrant and golden brown.
2. Then you wash and cut the fruit. The strawberries are cut into thin slices. 6 kiwi fruit and three quarters of the mango are also cut into thin slices. The milk rice cams are later topped with this fruit.
3. The rest of the mango and the remaining kiwis are cut lengthways so that thicker stripes are created that are as long as possible. These will later be used to fill the sushi rolls.
4. The best way to shape the rice pudding when it is still warm is to let it cool down briefly until it is easy to touch. First you cover a sushi mat (works without it, but it is a little trickier) with transparent film and sprinkle it thickly in the form of a rectangle with the toasted coconut flakes. Width about 10 cm, length as desired and length of the sushi mat. Then spread the rice pudding carefully with the help of a knife. Now place the kiwi and mango strips in the middle of the rice pudding, then roll up the roll carefully using the mat and the transparent film. Everything should be firmly pressed on. Make 2 rolls in this way. Now rest the rolls in the fridge and let them harden.
5. Form the remaining rice pudding into cams with the help of two tablespoons and arrange them on a plate. Cover the cams with the strawberry, kiwi and mango slices.
6. Take the sushi rolls out of the refrigerator and carefully cut them into slices with a sharp knife and arrange them on the plates as well.
7. Can now be decorated with more fruit.

NUTRITION: Calories: 321 Fat: 12g Net Carbs: 4g Protein: 24g

58. Sweet Sushi



Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 2

INGREDIENTS:

- Carrot
- Apples
- 250 g of strawberries
- 100 g of pistachios, finely ground
- Mango
- 1 bar of leek
- 250 g of rice for sushi
- 1 liter of milk
- 100 g of sugar

- Vanilla bean
- Orange, the grated peel of it
- Lemon, the grated peel of it
- 4 nori sheets
- 250 ml of maple syrup
- 20 g of crème fraiche cheese
- 40 g of sugar
- Ginger, candied, for garnish

DIRECTIONS:

1. First boil the rice with the milk, the vanilla pod, the sugar, the orange peel and the lemon peel. Cover and let swell at the edge of the hearth for approx. To cool, spread flat on a large baking sheet and chill.
2. Now prepare various rolls as follows:
3. Maki with carrot and apple (2 rolls)
4. Peel the carrot, grate finely, add a little sugar and drizzle with a little lemon juice. Peel the apples, cut them into rectangular pens of the same size and acidify them slightly with lemon juice. Place the rice on a bamboo mat, place a nori sheet on top and press down a little.
5. Spread rice on the algae leaf and line up the apple sticks 2 cm from the lower edge parallel to the edge. Roll up the sushi roll firmly, loosening the rice from the mat. Then roll in the carrot grated.
6. Maki with strawberries and pistachio (2 rolls)
7. As described above, only use strawberries instead of apples and 100 g pistachios instead of carrots.
8. Nigiri with mango and sweet leek (8 pieces)
9. Cut 8 rice nocks and shape them by hand. Peel the mango and cut the largest possible pieces. Cut 8 slices of the size of the rice noodles into a rectangle

and place them on the rice nocks. Wash 2 large leek leaves, briefly brew in very sweet boiling water and quench in ice water. Cut fine green strips from it and wrap the sushi with them.

10.

Pistachio cream:

11.

Puree the pistachios, crème fraiche and sugar in the blender.

12.

Arrange the sushi rolls on plates and garnish with the candied ginger. Maple syrup and pistachio cream are enough.

NUTRITION: Calories: 211 Fat: 12g Net Carbs: 3.6g Protein: 16g

59. Sweet Sushi With Fruits

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 150 g of rice (sushi or risotto rice)
- 100 ml of water
- 150 ml of milk
- 4 tbsp of sugar
- Vanilla bean
- Kiwi
- 100 g of mango
- Strawberries
- 3 tbsp of apricot jam
- 3 tbsp of cocoa powder, unsweetened



DIRECTIONS:

1. Place the rice in a sieve and wash until the water becomes clear. Put rice in a saucepan with 100 ml of water, milk and sugar. Halve the vanilla pod, scrape out the pulp, add to the rice and bring to the boil. Reduce the heat and simmer the rice for about 20 minutes, stirring often. Only when the liquid is completely absorbed, put the rice in a bowl and let it cool.
2. Peel the kiwi and mango and cut into strips. Clean and quarter the strawberries. Cut two strips of cling film into rectangles measuring approx. 20 cm x 15 cm and lay them flat on the work surface.
3. Spread the rice over the two pieces of transparent film and spread out into two rectangles. Press the rice down a bit and spread the apricot jam on the rice surface. Distribute the fruit as strips in the lower third of the rice. Using the foil, beat the rice over the fruits and form a roll. Remove the sushi rolls from the foil and roll them carefully into cocoa powder. Then cut into slices and serve.

NUTRITION: Calories: 323 Fat: 22g Net Carbs: 2g Protein: 30g

60. Rice Pudding



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 1

INGREDIENTS:

- 250 g of rice (sushi rice)
- 100 ml of milk
- 250 ml of water
- 4 tbsp of honey
- 100 g of peanuts, unsalted, finely chopped
- 100 g of raspberries
- Powdered sugar for sprinkling
- Compote of your choice

DIRECTIONS:

1. Wash rice with cold water. Then put in a saucepan with the milk and water for about 20 minutes and

bring to the boil. Then cover and let swell for about 15 minutes.

2. Sweet rice with honey and divide into 2 portions. Cover a sushi mat with cling film. Approx. Sprinkle half of the area with half of the chopped peanuts. Spread a portion of rice finger-thick on top, press firmly and press in a hollow in the middle of the length. Add half of the raspberries. Roll the rice into a firm roll using the mat.
3. Prepare a second roll from the remaining rice, peanuts and raspberries. Cool the rolls wrapped in cling film for about 2 hours.
4. Cut each roll into 6 pieces (the best way to do this is to leave the rice in the cling film, otherwise it will crumble easily - only remove the cling film afterwards).
5. Sprinkle with powdered sugar and arrange with compote.

NUTRITION: Calories: 210 Fat: 10g Net Carbs: 6g Protein: 22g

61. [Banana Maki Sushi](#)



Preparation Time: 5 minutes

Cooking Time: minutes

Servings: 1

INGREDIENTS:

- Banana
- Tortilla, Mexican
- Nutella

DIRECTION:

1. Brush a tortilla with Nutella, roll the peeled banana into it. Cut the roll into maki pieces about 3 cm wide.
2. Arrange on a plate and garnish with strawberries.

NUTRITION: Calories: 441 Fat: 26g Net Carbs: 0.5g Protein: 45g

62. [Summer Sushi](#)



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 10

INGREDIENTS:

- 100 g of Sushi rice or milk rice
- 200 ml of Coconut milk
- 2 tbsp of Sweetener of choice, e.g. Rice syrup, cane sugar, xylitol...
- Fruits of your choice, e.g. Banana, melon...

DIRECTIONS:

1. Wash the sushi rice. Then put in a saucepan with 150 ml coconut milk and simmer with the lid on over medium heat. It took me about 15-20 minutes.
2. Remove from the stove and let it steep for another 5 minutes. Then let the rice cool completely. Then stir in the remaining coconut milk.
3. Take some rice in your hand, form small sausages or balls and place on a plate. Cut the fruit elongated, lay it on top and press it down.

NUTRITION: Calories: 384 Fat: 27g Net Carbs: 6g Protein: 30g

63. [Sushi Cake](#)



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 300 g of sushi rice
- 5 nori sheets
- 200 g of cream cheese
- Cucumber
- 400 g of salmon fillet (2 pieces of 200 g each)
- Avocado
- Sesame
- Pickled ginger
- Wasabi
- Soy sauce

DIRECTIONS:

1. Cook the sushi rice according to the package and then process it with rice vinegar, salt and sugar to create the typical sushi rice. Then let the rice cool down a bit.
2. Peel the cucumber. Peel and stone avocados. Cut the cucumber, avocados and salmon fillets into slices.

3. Line the bottom of a 26-inch spring form tin with cling film and then clamp the edge back on.
4. Add an approx. Thumb-thick or, depending on your taste, thick / thin layer of sushi rice and press flat. Tilt this bottom onto a round cake plate. Now spread a thick layer of cream cheese on the rice soil, then put the nori sheets on top. Just cut it so that everything is covered. Spread salmon, avocado and cucumber on top. If the cake has to stand a little, simply drizzle lemon on the avocado, otherwise it will turn brown. Immediately put the bottom in the fridge because of the fish.
5. Create a second base with the remaining sushi rice using a new layer of cling film in the spring form pan. Spread this in the spring form pan with a thick layer of cream cheese and then put the nori sheets on top. Now carefully tip the second floor onto the first floor.
6. Now you can decorate: sesame, the remaining nori leaves, wasabi, ginger and leftover ingredients. The imagination knows no limits.
7. Use a very sharp or serrated knife to cut and slowly cut carefully. Makes 12 pieces.
8. Serve with the pickled ginger, wasabi and soy sauce. Best to eat with a knife and fork.

NUTRITION: Calories: 808 Fat: 41.7g Net Carbs: 4.3g
Protein: 97.83g

64. Cucumber Sushi



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 25

INGREDIENTS:

- 75 g of sushi rice
- 1½ tbsp of rice vinegar
- ¼ tsp of salt
- ¾ tsp of sugar
- 1 large cucumber
- 2 teaspoons of wasabi paste
- 150 g of smoked salmon (slices)
- 20 g of caviar
- 1 bed of cress

DIRECTIONS:

1. Wash the rice in standing cold water, drain on a sieve. Repeat the process until the water remains clear. Put the rice with 100 ml of cold water in a saucepan and let it rest for about 20 minutes. Close the pan tightly, bring the contents to a boil over high heat, let swell for approx. 10 minutes on very mild heat. Take the pan off the stove, put a folded tea towel between the pan and the lid, let it swell for about 10 minutes.

2. Lightly heat rice vinegar, salt and sugar in a small saucepan until the sugar has dissolved. Put the rice in a large bowl and mix in the vinegar thoroughly. Let the rice cool down.
3. Peel the cucumber (leave a few peel strips at will), halve lengthways and core. Spread wasabi paste on the inside of the cucumber halves. Pour rice into the cucumber halves. Cut the salmon into short strips.
4. Cut the filled cucumber halves diagonally into 2–3 cm wide pieces. Put some smoked salmon and caviar on each. Garnish with cress as you like.

NUTRITION: Calories: 170 Fat: 8g Net Carbs: 0.3g Protein: 23g

VEGETABLE SUSHI RECIPES

65. Avocado Cauliflower Sushi



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 2

INGREDIENTS:

- 1 cup cauliflower, chopped;
- 1/2 medium avocado;
- 1 tbsp coconut oil;
- 1/4 cup cucumber;
- 1.5 oz cream cheese;
- 1 nori wrapper.

DIRECTIONS:

1. Add cauliflower into the food processor and process until it turns into the rice;
2. Melt coconut oil in the pan over medium-high heat;
3. Add cauliflower rice into the pan and cook for 5 minutes;
4. Transfer cauliflower rice into the bowl and set aside;

5. Slice cucumber, cream cheese, and avocado and set aside;
6. Place long plastic wrap on clean surface;
7. Place nori wrapper on top of the long plastic wrap;
8. Spread cauliflower rice evenly on nori wrapper;
9. Layer avocado slices on cauliflower rice on the edges closet to you;
10. Now layer the cream cheese and cucumber onto avocado;
11. Lift the plastic wrap closet to you;
12. Using hands cover all the ingredients;
13. Slowly roll both the wrapper around the ingredients until you have rolled the entire wrapper;
14. Do not roll plastic wrapper into the sushi;
15. Using knife slice the sushi into pieces;
16. Serve and enjoy.

NUTRITION: Calories 422; Fat 24 g; Carbohydrates 32 g; Sugar 1 g; Protein 21 g; Cholesterol 23 mg.

66. [Avocado Peanut Sushi](#)



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 2

INGREDIENTS:

- 2/3 cup sushi rice;
- 1 tbsp rice vinegar;
- 3/4 cup water;
- 3/4 tsp salt;
- 2 nori sheets;
- 2 tbsp sesame seeds;
- 1/2 avocado, sliced into strips;
- 1 tbsp honey;
- 1 tbsp peanut butter;
- 1/2 cup peanuts, roasted.

DIRECTIONS:

1. Add sushi rice, rice vinegar, water, and salt to the saucepan and bring to boil. Reduce heat to low and simmer for 20 minutes. Remove from heat and set aside to cool;
2. Add peanuts, honey, and peanut butter into the food processor and process until all ingredients well mixed;
3. Place nori sheet on top of the bamboo mat and spread rice evenly on nori. Sprinkle with sesame seeds;
4. Arrange avocado slice and peanuts mixture on rice layer;
5. Roll nori sheet slowly around the ingredients until you reach to another end of the roll;
6. Cut roll into the slices and serve.

NUTRITION: Calories 670; Fat 36.7 g; Carbohydrates 71.9 g; Protein 18.4 g.

67. [Avocado Cucumber Sushi](#)



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 6

INGREDIENTS:

- 1 avocado, peeled and sliced;
- ½ cucumber, sliced into thin strips;
- 4 nori sheets;
- 3 tbsp rice vinegar;
- 1 cup sushi rice;
- 1 ½ cups water;
- 1/8 tsp salt.

DIRECTIONS:

1. Add sushi rice, water, vinegar, and salt into the saucepan and bring to boil. Reduce heat to low and simmer for 20 minutes. Remove from heat and set aside to cool;
2. Place nori sheet on a bamboo mat and spread rice evenly on nori;
3. Arrange cucumber and avocado slices on rice layer;
4. Roll nori sheet slowly around the ingredients until you reach to another end of the roll;
5. Cut roll into the slices and serve.

NUTRITION: Calories 190; Fat 6.8 g; Carbohydrates 28.4 g; Sugar 0.6 g; Protein 3 g; Cholesterol 0 mg.

68. Avocado Cream Cheese Sushi



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- $\frac{3}{4}$ cup sushi rice;
- 1 tbsp onion, diced;
- $\frac{1}{2}$ tsp garlic, minced;
- $\frac{1}{2}$ cup cream cheese;
- $\frac{1}{4}$ cup cucumber, cut into julienne;
- 1 avocado, diced;
- 2 nori sheets.

DIRECTIONS:

1. Cook sushi rice according to the packet instructions and set aside to cool;
2. In a small bowl, mix together onion and cream cheese;
3. Place nori sheet on a bamboo mat and spread cooked sushi rice evenly on nori;

4. Arrange cucumber and avocado on rice layer. Top with cream cheese mixture;
5. Roll nori sheet tightly around the ingredients until you reach the other end of the sheet;
6. Cut roll into the slices and serve.

NUTRITION: Calories 666; Fat 40.3 g; Carbohydrates 66.8 g; Sugar 1.1 g; Protein 11.4 g; Cholesterol 64 mg.

69. Simple Wasabi Cucumber Avocado Sushi



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 1

INGREDIENTS:

- 1/8 cup sushi rice;
- 1/2 tsp wasabi;
- 1/8 cup cucumber, sliced into long strips;
- 1/8 avocado, sliced;
- 1/2 nori sheet.

DIRECTIONS:

1. Cook sushi rice according to the packet instructions;
2. Place nori sheet on a bamboo mat and spread cooked sushi rice evenly on nori;

3. Arrange cucumber and avocado on rice layer. Top with wasabi;
4. Roll nori sheet tightly around the ingredients until you reach the other end of the sheet;
5. Cut roll into the slices and serve.

NUTRITION: Calories 139; Fat 5.1 g; Carbohydrates 21.4 g; Protein 2.3 g.

70. Healthy Cucumber Avocado Sushi Roll



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 4 nori sheets;
- 3.5 oz tofu, cut into strips;
- 1 avocado, sliced;
- 1/2 tbsp sesame seeds, toasted;
- 1 lb cucumbers, sliced;
- 1 tsp chili powder.

DIRECTIONS:

1. Place nori sheet on a clean surface;
2. Arrange cucumber slices on nori sheet, leaving one-inch margin uncovered;

3. Sprinkle little chili powder and sesame seeds over cucumber;
4. Arrange tofu and avocado slices in vertical pattern from the leaf edge;
5. Roll nori wraps around the ingredients tightly until the nori at the end. Set roll aside for 5 minutes;
6. Using the same direction make remaining roll;
7. Take a sharp knife and cut each roll into the pieces and serve.

NUTRITION: Calories 147; Fat 11 g; Carbohydrates 9 g; Sugar 2 g; Protein 4 g; Cholesterol 0 mg.

71. Bell Pepper Avocado Sushi Roll



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 2

INGREDIENTS:

- 1 bell pepper, chopped;
- 1/2 avocado, sliced;
- 2 tsp maple syrup;
- 1/2 tsp tamari;
- 1/2 tsp turmeric;
- 1 cup brown rice, cooked;
- 2 nori wraps;

DIRECTIONS:

1. In a small bowl, combine rice, tamari, maple, and turmeric. Mix well until rice is orange;
2. Place nori wrap on clean surface and spread half cup rice over 1/3 wrap;
3. Place on one side few bell pepper and avocado slices;
4. Tightly roll wrap into the burrito shape with both ends are open;
5. Cut roll into the slices and serve.

NUTRITION: Calories 561; Fat 12 g; Carbohydrates 96 g; Sugar 7 g; Protein 18 g; Cholesterol 0 mg.

72. Avocado Cucumber Zucchini Sushi Rolls



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 avocado, sliced;
- 4 medium radishes, sliced;
- 1 cucumber, sliced;
- 2 carrots, sliced;
- 3 zucchinis, sliced;

- 1 tbsp rice vinegar;
- 1/2 cup cashews, soaked overnight.

DIRECTIONS:

1. Add soaked cashews and vinegar into the blender and blend until smooth;
2. Cut both the ends of zucchini and using vegetable peeler peel zucchini into the long strips;
3. Place zucchini strips on a flat surface;
4. Spread spoonful cashew paste on one end of zucchini;
5. Arrange few sliced veggies and roll;
6. Serve and enjoy.

NUTRITION: Calories 251; Fat 18 g; Carbohydrates 20 g; Sugar 6 g; Protein 6 g; Cholesterol 0 mg.

73. Lentil Vegetable Sushi



Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 10

INGREDIENTS:

- 1/3 cup crispy lentils;
- 4 nori seaweed sheets, cut each sheet in half;
- 1 tbsp rice vinegar;
- 1/2 cup brown rice;

- 1 1/3 cup water;
- 1/4 scant cup turmeric root, minced;
- 1 small beet, grated;
- 1 carrot, grated;
- 1/2 cup cilantro, chopped;
- 1 avocado, sliced;
- 1/4 red cabbage head, sliced.

DIRECTIONS:

1. Add water and rice to the pot and bring to boil. Reduce heat and simmer for 45 minutes or until rice sticky;
2. Stir in rice vinegar;
3. Place nori sheet on a clean surface;
4. Spread cooked rice on 1/3 nori sheet evenly;
5. On top of rice place little avocado, beet, carrot, cabbage, crispy lentils, and turmeric root;
6. Roll nori sheet around the ingredients until you have rolled the entire sheet;
7. Using same directions make remaining roll;
8. Take a sharp knife and cut sushi into pieces and serve.

NUTRITION: Calories 118; Fat 4 g; Carbohydrates 15 g; Sugar 1 g; Protein 5 g; Cholesterol 0 mg.

74. Healthy Veggie Sushi Rolls



Time: 25 minutes

Serve: 1

INGREDIENTS:

- 2 nori sheets;
- 1/2 cup alfalfa sprouts;
- 1/4 zucchini, cut into strips;
- 1/4 large carrot, cut into strips;
- 1/2 bell pepper, cut into strips;
- 1 avocado, mashed;
- For sauce;
- 1 tbsp cilantro, chopped;
- 1 tbsp lemon juice;
- 1 tsp tamari;
- 1 tbsp Dijon;
- 2 tbsp nutritional yeast;
- Salt.

DIRECTIONS:

1. For sauce: Add all ingredients into the small bowl and mix until well combined;
2. For sushi roll;
3. Place nori sheet on clean flat surface;
4. Spread half sauce over nori sheet;
5. Spread half mashed avocado evenly on the nori sheet;
6. Arrange slices zucchini, carrots, and bell peppers on top of mashed avocado, parallel to the edges of the wrap;
7. Place alfalfa sprouts on top;
8. Slowly roll the nori sheet until reach to another end;

9. Assemble remaining nori sheet using the same method;

10.

Cut into slices and serve.

NUTRITION: Calories 534; Fat 40 g; Carbohydrates 36 g; Sugar 6 g; Protein 16 g; Cholesterol 0 mg.

75. Pear Cucumber Sushi



Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 4

INGREDIENTS:

- 4 nori sheets;
- 1/4 cucumber, sliced;
- 1/2 avocado, sliced;
- 1 pear, sliced;
- 1 tbsp maple syrup;
- 1 tbsp brown rice vinegar;
- 2 cups water;
- 1 cup brown rice, uncooked.

DIRECTIONS:

1. Add water and rice to the pot and bring to boil. Reduce heat and simmer for 45 minutes;

2. Transfer cooked rice into the bowl;
3. Add maple syrup and vinegar into the cooked rice mix well;
4. Place nori sheet on the clean and plain surface;
5. Spread cooked brown rice evenly on the nori sheet;
6. Arrange sliced cucumber, avocado, and pear on rice layer;
7. Roll nori sheet around the ingredients tightly until you reach the other end;
8. Set prepare sushi roll aside for 5 minutes;
9. Using a sharp knife cut the roll into the slices and serve.

NUTRITION: Calories 264; Fat 6 g; Carbohydrates 48 g; Sugar 6 g; Protein 4 g; Cholesterol 0 mg.

76. Healthy Vegetarian Sushi



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 1 cup sushi rice;
- 1 1/2 cup water;
- 1/4 cup spinach, sliced;
- 1 carrot, sliced;
- 1 zucchini, sliced;

- 1/2 avocado, sliced;
- 1/2 bell pepper, sliced;
- 4 nori sheets;
- 1 tsp sugar;
- 3 tbsp rice vinegar;
- 1 tsp salt.

DIRECTIONS:

1. Add water and rice to the pot and bring to boil. Reduce heat and simmer for 10 minutes;
2. Transfer cooked rice into the bowl;
3. Add sugar, vinegar, and salt into the rice and mix well;
4. Place nori sheet on a flat surface and spread cooked rice evenly on the nori sheet;
5. Lay slices of carrots, zucchini, avocado, bell pepper, and spinach on top of rice;
6. Moisten both the ends of the nori sheet with water;
7. Roll the nori wrap around the ingredients tightly until you reach the other end;
8. Let sit sushi roll for few minutes then using sharp knife cut into the slices and serve.

NUTRITION: Calories 253; Fat 5.4 g; Carbohydrates 44 g; Sugar 3 g; Protein 5 g; Cholesterol 0 mg.

77. [Vegetable Quinoa Sushi Rolls](#)



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 4 nori sheets;
- 1/2 cucumber, sliced;
- 1/2 avocado, sliced;
- 2 cups water;
- 1 cup quinoa, rinse and drained;
- 100g spinach.

DIRECTIONS:

1. Add quinoa and water to the pot. Cover pot and cook for 15 minutes;
2. Remove cooked quinoa into the large bowl and set aside to cool;
3. Place nori sheet on the clean and plain surface;
4. Spread cooked quinoa evenly on the nori sheet;
5. Arrange sliced cucumber, spinach, and avocado on top of quinoa layer;
6. Slowly roll the nori sheet until you reach to another end;
7. Cut roll into the slices and serve.

NUTRITION: Calories 221; Fat 7 g; Carbohydrates 32 g; Sugar 0.9 g; Protein 7 g; Cholesterol 0 mg.

78. [Asian Sushi Rolls](#)



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 24

INGREDIENTS:

- 1 avocado, cut into strips;
- 1 carrot, shredded;
- 1 bell pepper, cut into strips;
- 1 cucumber, cut into strips;
- 1 tbsp mirin;
- 3 tbsp sugar;
- 3 tbsp rice vinegar;
- 2 1/4 cups water;
- 2 cups rice, medium grain;
- 2 tsp salt;
- Nori sheets.

DIRECTIONS:

1. Wash rice well and add water and rice into the steamer and cooked according to the steamer instruction;
2. Transfer cooked rice into the bowl;
3. Add sugar, vinegar, and salt into the rice and mix well;
4. Place nori sheet on the plain and clean surface;
5. Spread cooked rice evenly on the nori sheet;

6. Layer sliced veggies over the rice;
7. Roll slowly nori sheet around the ingredients until reach the other end;
8. Cut roll into the slices and serve.

NUTRITION: Calories 86; Fat 1 g; Carbohydrates 15 g; Sugar 2 g; Protein 1 g; Cholesterol 0 mg.

79. Veggie Cream Cheese Sushi



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 2

INGREDIENTS:

- 2/3 cup sushi rice;
- 1 tbsp rice vinegar;
- 3/4 cup water;
- 3/4 tsp salt;
- 2 nori sheets;
- 1/4 cup cream cheese;
- 2 scallions, chopped;
- 1/2 cucumber, sliced into matchstick strips;
- 4 asparagus spears, trimmed.

DIRECTIONS:

1. Add rice, vinegar, water, and salt in a saucepan and bring to boil. Reduce heat to low and simmer for 20 minutes;
2. Remove from heat and set aside to cool;
3. Place nori sheet on a bamboo mat and spread cooked rice on nori sheet evenly;
4. Arrange cucumber, asparagus, scallions, and cream cheese on rice layer;
5. Roll nori sheet slowly around the ingredients until you reach to another end of the roll;
6. Cut roll into the slices and serve.

NUTRITION: Calories 357; Fat 10.7 g; Carbohydrates 55.8 g; Protein 8.4 g.

80. Sweet Potato Sushi



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 3

INGREDIENTS:

- 1 lb sweet potato, peel and cut into fries shape;
- 1 tsp sesame oil;
- 1 tbsp maple syrup;
- 1 tbsp olive oil;
- 1 cup sushi rice;
- 1 ½ tbsp rice vinegar;

- 1 1/3 cups water;
- 3/4 tsp salt;
- 3 nori sheets.

DIRECTIONS:

1. Preheat the oven to 375 F;
2. Spray a baking tray with cooking spray;
3. In a small bowl, mix together olive oil, sesame oil, and maple syrup;
4. Add sweet potato fries in a bowl. Pour olive oil mixture and toss well;
5. Arrange potato fries on a baking tray and bake for 25 minutes. Turn halfway through;
6. Meanwhile, Add rice, water, vinegar, and salt in a saucepan and heat over high heat. Reduce heat and simmer for 20 minutes. Remove from heat and set aside to cool;
7. Place nori sheet on a bamboo mat and spread sushi rice on nori evenly;
8. Arrange sweet potato fries on the rice layer;
9. Roll nori sheet slowly around the ingredients until you reach to another end of the roll;
- 10.

Cut roll into the slices and serve.

NUTRITION: Calories 437; Fat 6.9 g; Carbohydrates 85.1 g; Protein 7.5 g; Cholesterol 0 mg.

81. Miso Carrot Sushi



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

INGREDIENTS:

For rice:

- 3/4 cup sushi rice;
- 1 tbsp sesame seeds, toasted;
- 2 nori sheets;
- 1 tsp sugar;
- 1/2 tbsp mirin;
- 1 tbsp rice vinegar;
- 1 cup water;

For carrots:

- 1 large carrot, peeled and sliced into matchstick size;
- 1/4 tsp paprika;
- 1 tsp maple syrup;
- 2 tsp soy sauce;
- 2 tsp balsamic vinegar;
- 2 tsp miso paste;
- 1/2 tsp ginger, grated;

- ½ tsp olive oil.

DIRECTIONS:

1. Preheat the oven to 400 F;
2. Toss carrots with olive oil and place in baking tray;
3. Roast carrot in preheated oven for 10 minutes;
4. In a small bowl, whisk together paprika, maple syrup, soy sauce, balsamic vinegar, miso paste, and ginger;
5. Pour paprika mixture over carrots and mix well;
6. Return carrots in the oven and roast for 10 minutes more. Transfer carrots to the plate and set aside to cool;
7. Add rice, mirin, sugar, rice vinegar, and water in a saucepan and bring to boil over medium heat. Remove rice from heat and set aside to cool;
8. Place nori sheet on a bamboo mat and spread cook sushi rice evenly on nori;
9. Sprinkle toasted sesame seeds over rice;
10. Arrange roasted carrots on the rice layer;
11. Roll nori sheet tightly around the ingredients until you reach the other end of the sheet;
12. Cut roll into the slices and serve.

NUTRITION: Calories 58; Fat 0.7 g; Carbohydrates 11.4 g; Protein 1.2 g.

82. Cucumber Mango Sushi



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 1 cucumber, sliced;
- 1 cup cooked sushi rice;
- ½ fresh mango, sliced;
- 1 avocado, sliced;
- 2 nori sheets;
- 1 tbsp sesame seeds, toasted.

DIRECTIONS:

1. Place nori sheet on a bamboo mat and spread cooked sushi rice evenly on rice layer;
2. Sprinkle sesame seeds on rice then arrange cucumber, mango, and avocado on rice layer;
3. Roll nori sheet tightly around the ingredients until you reach the other end of the sheet;
4. Cut roll into the slices and serve.

NUTRITION: Calories 641; Fat 22.9 g; Carbohydrates 101.7 g; Protein 11 g.

83. Mix Vegetable Sushi

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 3

INGREDIENTS:

- 1 1/8 cup sushi rice;
- 3 nori sheets;
- 1/2 beetroot, sliced into strips;
- 1/2 cucumber, sliced into strips;
- 1/4 yellow bell pepper, sliced into strips;
- 1/2 carrot, sliced into strips;
- 3 tbsp rice vinegar.



DIRECTIONS:

1. Cook sushi rice according to the packet instruction. Remove from heat and set aside to cool. Add vinegar into the cooked rice and stir well;
2. Place nori sheet on a bamboo mat and spread rice evenly on nori;
3. Arrange all the vegetables on the rice layer;
4. Roll nori sheet tightly around the ingredients until you reach the other end of the sheet;

5. Cut roll into the slices and serve.

NUTRITION: Calories 278; Fat 0.5 g; Carbohydrates 59 g;
Sugar 1.9 g; Protein 5.5 g; Cholesterol 0 mg.

STAPLES AND SAUCES

84. Japanese Egg Omelet



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- 3 large eggs, beaten
- 2 teaspoons soy sauce (gluten-free if necessary)
- Nonstick cooking spray

DIRECTIONS:

1. In a mixing bowl, stir together the eggs and soy sauce.
2. Coat a preheated nonstick rectangular skillet (5 to 6 inches by 7 inches) with cooking spray and pour one-third of the egg mixture into the skillet, being sure to spread the egg over the entire surface of the pan. Cook over medium heat for 20 seconds, until the edge of the egg is cooked and liquid is still present on top.
3. Fold the egg in three. It is okay if the egg is unshaped at this moment. Slide the egg to the far side of the pan.
4. Pour half of the remaining mixture into the empty space of the pan, lift the existing egg omelet, and let the mixture flow underneath while spreading the egg all over the surface of the pan. Cook for 30 seconds

and fold into three again, then slide the egg to the far side of the pan. Repeat with the remaining egg mixture. Gently press the omelet with the spatula, and cook for 30 seconds on each side.

5. TO MAKE AN EASIER VERSION

6. In a mixing bowl, stir together the eggs and soy sauce.

7. Coat a preheated 8-inch nonstick skillet with cooking spray and pour all of the egg mixture into the skillet. Cook over medium-low heat for 1 minute, without stirring and until the edges of the eggs are slightly cooked.

8. 3.Using a spatula, gently gather the cooked part toward the center of the skillet and spread the uncooked egg toward the edges of the pan. Cook for 1 minute until the egg is set.

9. 4.Fold the egg in three, gently press the omelet with the spatula, and cook for 30 seconds on each side.

10.

5.Place the makisu on a work surface and cover with a piece of parchment paper or paper towel. Lay the omelet on it and wrap with the makisu to make a 1-inch-thick rectangle. Let it sit for 10 minutes at room temperature.

NUTRITION: Calories: 570 Fat: 46.4g Net Carbs: 2g Protein: 34g

85. [Ginger Dressing](#)

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 1 large carrot, coarsely chopped
- ½ large onion, coarsely chopped

- 1 (3- to 4-inch) piece fresh ginger, peeled and coarsely chopped
- 1 garlic clove
- ¼ cup soy sauce (gluten-free if necessary)
- ¼ cup rice vinegar
- ½ teaspoon salt
- 1 tablespoon toasted sesame oil
- ½ cup extra-virgin olive oil

DIRECTIONS:

1. In a food processor, combine the carrot, onion, ginger, garlic, soy sauce, rice vinegar, salt, sesame oil, and olive oil. Blend until somewhat smooth.
2. Transfer to a jar, cover, and keep refrigerated. Use within 2 weeks.

Nutrition: Calories: 183 Fat: 7g Net Carbs: 2.4g Protein: 25g

86. Spicy Mayonnaise Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- ¼ cup mayonnaise
- 1 tablespoon sriracha sauce
- 1 teaspoon toasted sesame oil

DIRECTIONS:

1. In a small bowl, mix the mayonnaise, sriracha sauce, and sesame oil.

NUTRITION: Calories: 344 Fat: 27g Net Carbs: 3g Protein: 19g

87. Sweet Eel Sauce

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 3

INGREDIENTS:

- ½ cup soy sauce (gluten-free if necessary)
- ½ cup mirin
- ¼ cup cooking sake
- 2 tablespoons sugar

DIRECTIONS:

1. In a saucepan, stir together the soy sauce, mirin, cooking sake, and sugar. Bring it to a boil over medium heat. Reduce the heat to low, simmer for 20 minutes, and stir occasionally until thickened. Let it cool for 10 minutes at room temperature.
2. Place the mixture in a sterilized 4-ounce dressing bottle and store in the refrigerator for up to 1 month.

NUTRITION: Calories: 594 Fat: 42g Net Carbs: 13g Protein: 36g

88. Ponzu Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- ¼ cup soy sauce (gluten-free if necessary)
- ¼ cup rice vinegar
- Juice of ½ lime

DIRECTIONS:

1. Combine the soy sauce, rice vinegar, and lime juice in a jar and keep in the refrigerator for up to 2 weeks.

NUTRITION: Calories: 193 Fat: 11g Net Carbs: 3g Protein: 20.32g

89. Tempura Batter

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- ½ cup cornstarch
- 1 teaspoon rice vinegar
- 1 teaspoon salt
- ½ cup cold water

DIRECTIONS:

1. In a small bowl, stir together the cornstarch, rice vinegar, salt, and cold water, and stir very gently until just a few lumps are left.

NUTRITION: Calories: 186 Fat: 4g Net Carbs: 8g Protein: 26g

90. Tempura Dashi Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- 1 teaspoon Shimaya kombu dashi soup stock powder, or any vegetable- or fish-based dashi powder
- ¼ cup soy sauce (gluten-free if necessary)

- ¼ cup mirin

DIRECTIONS:

1. In a saucepan, stir together the water, dashi powder, soy sauce, and mirin. Bring to a boil over medium heat. Let it cool down.
2. Transfer to an 8-ounce jar, cover, and keep in the refrigerator for up to 1 month.

Nutrition: Calories: 332 Fat: 8g Net Carbs: 1.4g Protein: 59.8g

91. Pico de Gall o

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2

INGREDIENTS:

- 2 large tomatoes, seeded and diced
- 10 cilantro sprigs, trimmed and minced
- ½ red onion, diced
- 2 teaspoons grated garlic
- ½ teaspoon salt
- ½ jalapeño, seeded and finely diced
- Juice of 1 lime

DIRECTIONS:

1. In a mixing bowl, stir together the tomatoes, cilantro, onion, garlic, salt, jalapeño, and lime juice.
2. 2. Transfer to a 16-ounce jar, cover, and keep in the refrigerator for up to 1 week.

NUTRITION: Calories: 640 Fat: 49g Net Carbs: 3g Protein: 39.9g

92. Spicy Mango Sauc e

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 1 large mango, peeled and diced
- 5 cilantro sprigs, trimmed and finely minced
- ½ teaspoon salt
- Pinch freshly ground black pepper
- 2 teaspoons crushed red pepper
- 2 teaspoons rice vinegar
- 1 teaspoon grated garlic
- 2 teaspoons honey
- 2 teaspoons freshly squeezed lemon juice

DIRECTIONS:

1. In a mixing bowl, stir together the mango, cilantro, salt, black pepper, red pepper, vinegar, garlic, honey, and lemon juice.
2. Transfer to an 8-ounce jar, cover, and keep in the refrigerator for up to 1 week.

NUTRITION: Calories: 260 Fat: 13.6g Net Carbs: 0g Protein: 32g

93. Wasabi Mayonnaise Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- ¼ cup mayonnaise
- 2 teaspoons wasabi
- 1 teaspoon soy sauce (gluten-free if necessary)

DIRECTIONS:

1. In a small bowl, stir together the mayonnaise, wasabi, and soy sauce.

NUTRITION: Calories: 421 Fat: 8g Net Carbs: 5g Protein: 59g

94. Sweet Chili Mayonnaise Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 3

INGREDIENTS:

- ¼ cup mayonnaise
- 1 tablespoon sweet chili sauce

DIRECTIONS:

1. In a small bowl, stir together the mayonnaise and the chili sauce.

NUTRITION: Calories: 300 Fat: 17g Net Carbs: 2g Protein: 32g

OTHER SUSHI RECIPES

95. Korean-style Nigiri Sushi



Preparation Time: 15 Minutes

Cooking Time: 20 minutes

Servings: 4-5

INGREDIENTS

- 1 cup of uncooked glutinous white rice (sushi rice)
- 1 and ½ cups of water
- 1 tablespoon of sesame oil
- 1 pinch of salt, to taste
- 2 large beaten eggs
- 4 sheets of sushi nori (dry seaweed)
- 1 chopped into thin strips cucumber
- 1 cut into thin strips carrot
- 4 slices of American processed cheese cut into thin strips
- 4 slices of cooked ham, chopped into thin strips
- 2 teaspoons of sesame oil

DIRECTIONS

1. Start by rinsing the rice into a strainer or in a colander until the water starts running clear; then combine the rice with the water in a medium saucepan
2. Bring the rice with the water to boil; then reduce the heat to a low heat and cover; then let simmer for about 12 to 14 minutes
3. Spread the cooked rice over a baking sheet to let it cool
4. Season the rice with 1 tablespoon of salt and sesame oil
5. While your rice is still simmering, pour the beaten eggs in a skillet over a medium high heat and let cook without stirring and when the egg is perfectly cooked; remove it from the skillet and set aside to a cutting board to cool
6. Start by separating the nori sheets on top of a flat surface; then divide the cooled rice between the sheets; make sure to leave about half an inch strip of seaweed over each sheet
7. Arrange the strips of egg, the cucumber, the carrot, the cheese, and the ham into thin layers on top over the rice. With the bottom of each sheet of the nori; make sure to use a bamboo sushi mat to firmly roll each piece into a cylindrical shape. Brush each roll with about ½ teaspoon of oil and cut into about six even pieces

NUTRITION: Calories: 154, Fat: 4g, Carbohydrates: 24 g, Dietary Fiber: 1g, Protein: 6g

96. Pesto Sushi



Preparation Time: 20 Minutes

Cooking Time: 20 minutes

Servings: 6

INGREDIENTS

- 2 cups of uncooked glutinous white rice
- 4 cups of water
- 6 large beaten eggs
- 6 to 7 sheets nori (dry seaweed)
- ¼ cup of basil pesto
- 1 pinch of salt
- 1 Pinch of pepper

DIRECTIONS

1. Combine the rice with the water in a large saucepan and bring both to a boil; then reduce the heat to low
2. Cover your ingredients and cook for about 20 minutes or until the water is absorbed; then leave covered and let stand for about 10 minutes
3. Remove the rice to a bowl and let cool completely
4. Heat a large skillet over a medium heat; then coat with a cooking spray and pour in the eggs; then

scramble until they are cooked through and season with salt and pepper

5. Remove from the heat and set it aside
6. Lay one sheet of nori on top of a clean work surface, or a sushi mat; then wet both your hands and press one layer of the cooled rice about 1/3 inch thick. Wet your hands, and press a layer of cooled rice about 1/3 inch of thickness over half of the sheet and spread a line of pesto across the same edge of the rice and about 1/2 inch of width; then top with a thin line of egg and roll the sheet of nori over both the egg and the rice to reach the empty part of the nori sheet
7. Wet the end of the nori and roll it up to seal it
8. Cut the nori into six small rolls
9. Serve and enjoy your sushi!

NUTRITION: Calories: 58.7, Fat: 1.7g, Carbohydrates: 8.6g, Dietary Fiber: 0.3g, Protein: 2.1g

97. [Shrimp Sashimi Sushi](#)

Preparation Time: 10 Minutes

Cooking Time: 20 minutes

Servings: 6



INGREDIENTS

- 1 and ½ cups of sushi rice
- 2 Cups of water
- ¼ Cup of seasoned rice vinegar
- 1 lb of peeled and deveined large shrimp
- Tempura batter
- 1 Package of imitation crab sticks
- 2 tbsp of mayonnaise
- 1 Ripened Avocado
- 1 English cucumber
- 4 Oz of cream cheese
- 5 Sheets of toasted nori seaweed
- White and black sesame seeds
- A bamboo sushi mat
- Use corn oil for deep frying

DIRECTIONS

1. Wash and rinse the rice for about 3 times and put the rice in the cooker and cook it with 2 and ½ cups of water.
2. Once the rice is cooked, transfer it to a baking sheet
3. With the help of a rice paddle, cut the rice
4. Spoon the rice and after that, flip it down; then drizzle with the rice vinegar and keep cutting through and until the rice becomes completely cold.
5. Prepare the tempura according to the instructions on the package and in a deep and large skillet, pour the oil (The oil should be around 2 inches of depth
6. Dip the shrimps into the batter of the tempura and after that cook it over a medium heat
7. Fry your shrimp into batches for around 2 to 3 minutes per each batch. Once you finish with frying

the shrimps, set them aside to cool down.

8. Cut the imitation crab and mix it with the mayonnaise; then thinly slice the avocado and the cucumber. Cut the cream wheeze with a sharp knife into strips.
9. Evenly slice into half the tempura battered shrimp.
- 10.

Cover your sushi mat with a plastic wrap and put one sheet of the toasted nori into the middle. Drench both your hands with water and pull a handful of rice. Now, start spreading your cooked rice on the nori; but remember not to press too hard.

11.

Sprinkle with sesame seeds and then flip the nori down and into the middle of your nori sheet, put 2 tbsp of imitation crab with 2 slices of cucumber, around 2 slices of avocado and 1 strip of cream cheese

12.

Add 2 halves of tempura shrimp and when you turn the sushi, gently compress the ingredients and roll the sushi with the mat

13.

With a wet knife, cut the sushi roll into about 8 pieces of equal size

NUTRITION: Calories: 60, Fat: 0.5g, Carbohydrates: 11g, Dietary Fiber: 2g, Protein: 5g

98. California Sushi Rolls



Preparation Time: 12 Minutes

Cooking Time: 15-20 minutes

Servings: 7-8

INGREDIENTS

- 1 Small package of imitation crab meat or of crab meat
- 2 Tbsp of mayonnaise
- ½ Peeled and length side sliced avocado: don't forget to toss the avocado with lemon juice
- ½ Peeled, cored and thinly sliced cucumber

DIRECTIONS

1. Toss the imitation crab meat or the crab meat with mayonnaise to coat.
2. Lay the thin slices of avocado on the sushi rice in a horizontal way.
3. Add one layer of crab meat on its top.
4. The next step is to lay the long pieces of cucumber right on top of the meat of the crab.
5. Roll your mat over away from you and make sure to press lightly
6. Keep rolling and gently press until you form a kind of firm roll
7. Put the sushi cutter over your roll and with the help of a sharp knife; slice the California Sushi Roll into

around 7 to 8 pieces

8. Serve and enjoy your California rolls!

NUTRITION: Calories: 129, Fat: 4.7g, Carbohydrates: 11g, Dietary Fiber: 1.5g, Protein: 5.3g

99. Tuna Sushi



Preparation Time: 15 Minutes

Cooking Time: 20 minutes

Servings: 6-7

INGREDIENTS

- 1 Cup of uncooked short grain brown rice
- 2 Cups of water
- 1 Pinch of sea salt
- 1 Tbsp of brown rice vinegar
- 1 Peeled, pitted and thinly sliced avocado
- ¼ Red bell pepper, cut into sticks
- ¼ Cup of alfalfa sprouts
- 4 Sheets of nori or dry seaweed

DIRECTIONS

1. Start by rinsing and draining the brown rice and put it into a medium saucepan over a medium heat; then

pour water into it.

2. Add the sea salt and let the rice boil; then simmer until rice for around 40 minutes
3. Set the rice aside to cool until it becomes warm; then add to it the brown rice vinegar
4. Take a bamboo sushi rolling mat with a plastic wrap and lay 1 sheet of nori with its rough side on top of its plastic wrap
5. Wet your fingers; then pat quiet a thick layer of the cooked brown rice on top of the seaweed (Make sure to leave the top edge with about ½-inch of depth remaining uncovered with the rice.
6. Put 2 slices of avocado with a small amount of strips of red bell pepper and sprouts into one line along the edge of the sheet
7. Now, take the edge of the bamboo rolling sheet with your hand and start folding the bottom edge of the sheet up; make sure to enclose the vegetables and after that tightly roll your sushi into a quite thick cylinder.
8. Dampen the edges of the bare nori with your wet fingers to seal your roll
9. Once you finish rolling the sushi, wrap it into the mat and after that squeeze it and set the rolls aside for around 5 minutes before proceeding to cut the roll into around 6 pieces
- 10.

Serve and enjoy your tuna rolls

NUTRITION: Calories: 104, Fat: 4.7g, Carbohydrates: 11g, Dietary Fiber: 1.5g, Protein: 5.3g

100. Maki Sushi



Preparation Time: 15 Minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS

- 1 and ½ cups of sushi rice
- 1 and ½ cups of water
- ¼ Cup of rice vinegar
- 1Tbsp of sugar
- ½ Teaspoon of salt
- 3 Sheets of Nori
- Salmon
- Sesame seeds
- Carrots
- Shrimp
- Avocado
- Crab sticks

DIRECTIONS

1. Start by washing the rice and put it into a deep; then stir it with your hands and change the water a few

times. Put the rice in a saucepan with the water and when it starts boiling, lower the heat

2. Cover your saucepan and let it simmer for around 10 minutes. Prepare the dressing of the rice by mixing the sugar, the rice vinegar, and the salt.
3. When the rice is perfectly cooked, remove it from your stove and set it aside to cool for around 10 minutes with the lid on. Dress your rice by adding the mixture of the vinegar over it and combine it very well
4. Time to line your bamboo mat with the plastic wrap. Put the nori or the seaweed on your bamboo mat; then wet both your hands and after that put a thin rice layer right on top of the algae and don't forget to leave 3 centimetres of the nori uncovered.
5. Put the filling like the crab sticks in the form of form a row right into the centre
6. Roll the sushi with a mat and keep the knife wet; then slice the roll into halves; then into quarters and then into eighths so that you have slices of the same thickness.
7. Now for your maki roll:
8. Put a layer of rice right onto the top of the algae and sprinkle the rice with sesame seeds
9. Turn over your roll over so that the rice will be placed at the bottom and the seaweed sheet on the top
- 10.

Arrange the filling into the form of a row in the centre and close your roll with a bamboo mat. Place the filling in a row in the centre, in this case shrimp and salmon were used but any desired filling will do.

11.

Push your roll towards the inside of your mat and create a firm edge. Cut the maki sushi with a sharp wet knife into eighths

12.

Serve and enjoy your maki sushi with wasabi, ginger and soy sauce!

NUTRITION: Calories: 300, Fat: 2g, Carbohydrates: 65g, Dietary Fiber: 1g, Protein: 8g

101. Black Rice Sushi



Preparation Time: 10 Minutes

Cooking Time: 30 minutes

Servings: 6-7

INGREDIENTS

- 1 Package of Navitas Naturals Dragon Fruit Slices
- $\frac{3}{4}$ Cup of Black Rice
- 1 Tbsp of coconut Sugar
- 1 Tbsp Rice Wine Vinegar
- $\frac{1}{4}$ Teaspoon of Sea Salt
- 1 large pitted and peeled avocado (cut into thick slices)
- 4 Sheets of Nori

DIRECTIONS

1. Put the dragon fruit slices into a bowl and cover it with water
2. Let the dragon fruit soak into water for around 10 minutes; then drain that water and set your dragon fruit aside
3. Under running water, wash the rice and transfer it to a small pan; then mix the rice with 1 and ½ cups of water
4. Let the rice boil for around 30 minutes or until the water is completely absorbed
5. Remove the rice off the heat and set it aside for around 5 minutes; then add the coconut sugar and the vinegar.
6. Refrigerate the ingredients until the rice becomes cool enough to handle it
7. Use your nori sheets to roll the ingredients into the cut sushi rolls and use the pieces of avocado and dragon fruit in filling the sushi.
8. Roll the sushi with a bamboo mat and the nori sheets
9. Cut the sushi into slices and arrange it on a serving dish; enjoy a delicious taste!

NUTRITION: Calories: 325, Fat: 5g, Carbohydrates: 60g, Dietary Fiber: 3g, Protein: 11g

102. Mango Sushi



Preparation Time: 8 Minutes

Cooking Time: 0 minutes

Servings: 8

INGREDIENTS

- 1 Sheet of Origami mango
- ½ Kiwi, sliced into thin slices
- ½ Mango sliced into thin slices
- ¼ Cup of sweetened coconut flakes
- 1 and ½ cups of sushi rice

DIRECTIONS

1. Spread one layer of the sweetened coconut in a horizontal way across the cooked sushi rice.
2. Put down the kiwi into a layer and then lay the mango and make sure to squeeze any excess of mango juice
3. Roll the sushi mat away from you and press it lightly; make sure to leaving one inch of your sushi rice free.
4. Keep rolling and gently press until you form a long roll

5. Cut the sushi roll with a sharp wet knife to cut 8 slices of sushi

NUTRITION: Calories: 103, Fat: 6.9g, Carbohydrates: 8.8g, Dietary Fiber: 4g, Protein: 4g

103. Sushi Burritos

Preparation Time: 8 Minutes

Cooking Time: 45 minutes

Servings: 5

INGREDIENTS

- 5 and 1/3 Oz of uncooked sushi rice
- 1 Medium sweet potato
- 1 Sliced small avocado
- 1 Handful of shredded purple cabbage
- 2 Tbsp of organic homemade Dijon mustard
- 2 Teaspoons of rice vinegar
- 4 Seaweed sheets or nori sheets
- Tamari sauce or soy sauce



DIRECTIONS

1. Cook your sushi rice into boiling water in a medium saucepan over a medium high heat for around 20 minutes.
2. Bake your sweet potato with its skin at a degree of 400° F whole with skin left on for around 45 minutes
3. When the potatoes are cooked, set it aside to rest for 10 minutes
4. Add the rice vinegar and mix very well
5. Put the rice over a sheet of nori on a bamboo mat and cover the sheet with a layer of rice
6. Line the mustard along the center of the nori and slice the potato and line it into the nori sheet
7. Add the avocado and the shredded cabbage on the line of mustard.
8. Gently roll the nori and wet your fingers to moisten the edges of the nori sheet with water to seal the sides of the nori.
9. Roll your burritos in wax paper and hold it with a string
- 10.

Serve your sushi burrito with soy sauce or tamari

NUTRITION: Calories: 349, Fat: 12g, Carbohydrates: 7g, Dietary Fiber: 3g, Protein: 13g

104. Sushi Cones



Preparation Time: 6Minutes

Cooking Time: 10-15 minutes

Servings: 5

INGREDIENTS

- 2 Nori sheets
- 1 Cup of cooked sushi rice
- 6 Leaves of shiso
- 1 Julienned and seeded Japanese cucumber
- ½ Sliced and cut avocado
- 1 Cup of shredded crab meat
- Kewpie Mayo
- 1 Tbsp of tobiko
- For garnishing; use wasabi, sesame seeds, ginger and soy sauce

DIRECTIONS

1. Cut the sheets of nori evenly into around 3, then 6 rectangular sheets.
2. Lay the nori sheets with its shiny side down and press 2 tbsp of the cooked sushi rice on the left side of your nori sheet; you should make sure to shape the rice into squares
3. Put a shiso leaf with its side down in a diagonal way; then top it with two shreds of cucumber, a

little bit of crab, a slice of avocado and kewpie mayo.

4. Time to shape the cones; start by folding up the left bottom corner of your nori sheet and pull it to the top of the sheet of nori so that you can form a cone
5. Continue the same procedure until you finish with making the cones; you can use the grain of rice right into the right bottom corner so that you stick the nori together
6. Top the sushi with the toasted sesame seeds and the tobiko
7. Enjoy your sushi with soy, wasabi and you can also add ginger!

NUTRITION: Calories: 220, Fat: 11g, Carbohydrates: 20g, Dietary Fiber: 1g, Protein: 9g

105. Asparagus Gunkan Sushi



Preparation Time: 8 Minutes

Cooking Time: 10-15 minutes

Servings: 6-7

INGREDIENTS

- 1 Cup of very well - seasoned Sushi Rice

- 1 Half- cut of sheets of Nori
- Wrapped in cellophane Makisu
- 2 to 6 pieces of Raw Asparagus

DIRECTIONS

1. To cook the asparagus; cut it down to long cuts and boil it into a saucepan of water
2. While the water is boiling, make an ice bath by placing a few pieces of ice into a bowl and then fill it with cold water
3. Once you realize the water is boiling, add to it the asparagus and after that boil it for around 90 seconds; the water will become green. Poke the asparagus with a fork and when it becomes tender; it is done; so with tongs, pull the asparagus off the water and put it into the ice bath.
4. When the asparagus is cool to your touch, pull it out of the bath and dry it out with paper towels
5. Now, time to make the Asparagus Roll; put 2tbsp of rice to the nori; make sure to lay it on its rough side.
6. Spread the rice across the nori sheet and slice the asparagus lengthwise into half
7. Put 2 halves of the asparagus in the center of the sushi rice. You should roll the sushi roll up before the nori sushi gets soggy
8. Keep your fingers wet with water and transfer it to the part that is exposed of the nori
9. Slide your fingers under your bamboo rolling mat and roll it above the asparagus. Let the roll rest for around 5 minutes
- 10.

Slice your roll in half and after that stack the two halves and slice the halves into thirds. You can

top the sushi roll with ginger, wasabi, and some garnishes of your choice

11.

Serve and enjoy your sushi!

NUTRITION: Calories: 161, Fat: 11g, Carbohydrates: 36g, Dietary Fiber: 1g, Protein: 3g

106. Sushi Cake



Preparation Time: 8 Minutes

Cooking Time: 10-12 minutes

Servings: 6-7

INGREDIENTS

- 5 cups of cooked sushi rice
- ½ Cup of rice vinegar
- 1 shredded and strained cucumber
- 2 Shredded carrots
- 1 Cup of sesame Seeds

- Spicy Mayo with Imitation Crab
- 1 inch of grated ginger
- ½ Cup of soy sauce
- ½ Sliced Avocado for the topping

DIRECTIONS

1. 1 In a pan of spring form, lay the first layer of rice by pressing it to the bottom with your bare wet hands.
2. 2 Generously, sprinkle the sesame seeds right on top of the strained cucumber.
3. 3 With your wet hands, press a thin layer of rice right on top of the layers.
4. 4 Layer the carrots; the Rice and the seeds. Add the crab mixture and finally, place a layer of rice; then of seeds.
5. 5 Leave the cake in the fridge to cool. Take the cake out of the fridge for around 20 minutes before serving it
6. 6 Slice the sushi cake; then serve and enjoy it!

NUTRITION: Calories: 462, Fat: 25.1g, Carbohydrates: 47g, Dietary Fiber: 5.6g, Protein: 13.5g

107. Gazpacho Sushi Roll



Preparation Time: 10 Minutes

Cooking Time: 15 minutes

Servings: 6

INGREDIENTS

- ½ Peeled and thinly sliced avocado generously tossed in lemon juice
- 1 Thinly sliced and seeded plum tomato.
- ¼ Peeled and thinly sliced onion
- 1 Tbsp of red wine vinegar+ 2 teaspoons of olive oil
- 1 pinch of salt

DIRECTIONS

1. Whisk all together the salt, the olive oil and the red wine vinegar.
2. Now, carefully line a horizontal layer of avocado right down the center of your sushi rice.
3. Now, add 1 layer right on top of the tomato, then the onion.
4. Sprinkle the vegetables on top and add the sauce of the red wine vinegar
5. Roll your bamboo sushi mat over and lightly press; make sure to leave 1 inch of rice free. Keep rolling

until you form a kind of firm roll

6. With a sharp and wet knife, cut the roll into around 6 slices
7. Serve and enjoy your sushi!

NUTRITION: Calories: 172, Fat: 11.1g, Carbohydrates: 18.48g, Dietary Fiber: 6.1g, Protein: 4.4g

108. Battleship sushi



Preparation Time: 10 Minutes

Cooking Time: 15 minutes

Servings: 6

INGREDIENTS

- 1 and ½ cups of Soy Sauce
- 1 Teaspoon of 2 Agar Agar
- 1 Cup of olive Oil
- 3 Tbsp of Massago
- 3 Tbsp of Salmon Roe
- Sheets of Nori
- 1 Cup of pre-cooked white sushi rice
- Wasabi

- 1 Sliced Cucumber
- The equipments you need will be a food Processor, a blender, an immersion Blender
- A small saucepan:
- A long and skinny beaker
- A pipette
- A fine sieve
- A sharp knife
- A chopping board

DIRECTIONS

1. Put the olive oil in your freezer to become cold for around 25 minutes; meanwhile, prepare your soy sauce by combining the soy sauce with the agar agar and whisk the ingredients together into a food processor.
2. Transfer the obtained liquid to a saucepan and let it boil for around 5 to 8 minutes; once done, set the soy sauce aside
3. Fill a beaker with the olive you have placed into the refrigerator and mix it with a small quantity of soy sauce and put both ingredients in the pipette
4. Drop your soy sauce into the olive oil and wait until it becomes solid with the agar agar
5. The whole idea is to solidify the soy sauce and then to obtain solid pearls of the soy sauce that will be collected right into the bottom.
6. Add the olive oil with a sieve so that you can gather the pearls
7. Gently, rinse the pearls with water and transfer it to a bowl.
8. Serve and enjoy your battleship sushi!

NUTRITION: Calories: 61, Fat: 1g, Carbohydrates: 9.7g, Dietary Fiber: 0.1g, Protein: 2.9g

109. Oshi bagel Sushi



Preparation Time: 15 Minutes

Cooking Time: 30 minutes

Servings: 8

INGREDIENTS

- Roasted seaweed or Nori
- ¼ cup of cream Cheese
- Smoked salmon
- Finely sliced Scallions
- Avocado, Cucumber and Asparagus
- 1 Cup of sushi rice

DIRECTIONS

1. Place the nori on its textured side down a hard surface and cover it with rice; remember to leave a space of 2 and ½ cm space right on top of the sushi bagel
2. Line the cream cheese; then some scallions. Slice the smoked salmon and place it on top of your cream

cheese; then add the cucumber, the asparagus, or the avocado to your roll

3. Wet your fingers into the water and also wet the tops of the dried seaweed sheet
4. Set the roll aside for around 2 minutes
5. Roll the sushi roll and once you finish it, cut it into around 8 pieces
6. Serve and enjoy your bagel sushi

NUTRITION: Calories: 278, Fat: 8g, Carbohydrates: 42g, Dietary Fiber: 1g, Protein: 9g

CONCLUSION

Sushi is a famous Japanese food that is now recognized worldwide. Sushi is a popular dish of vinegar rice cooked with several flavours, such as fish, sometimes raw, and veggies, typically with some salt and sugar. The sushi wraps (maki) are one of several types of sushi. Soy sauce and wasabi are the essential seasonings used with sushi. As a side dish, soy sauce is being used, and wasabi is put into nigiri-sushi and can also be combined for eating with soy sauce. At the same time, Bento is a type of lunch box which has compartments to put a different kind of foods. There are many restaurants of sushi all around the world. Sushi has many health benefits as it has Omega3, which decrease heart and skin diseases. It nourishes the brain and helps fasten your memory. It is suitable for women suffering from osteoporosis. Sushi is good to keep your muscles in a good state. Different delicious and easy to make recipes are given in this book consisting of sushi and Bento. The first thing you have to do is to start reading the different cooking styles of bento and sushi in this book and increase your sense of taste for real Japanese food.