

Vegetable Sushi

Chef Di: Wednesday 1-3

Class # 4



SKILLS LEARNED

Knife Skills
Measuring skills
Cooking Sushi Rice
Making Sushi Rolls

EQUIPMENT

Cutting board
Knives
Rice Cooker or pot with lid
Rolling mat
Chop sticks

INGREDIENTS

- 1 Package roasted seaweed sheets.
- 2 Carrots (whole)
- 1 Cucumber.
- 1 Avocado
- 1 Sushi Mat for rolling
- Soy Sauce
- Wasabi
- Rice Vinegar
- Sugar
- Sake
- Kombu
- Salt
- Fresh Ginger

Buy the Rice you have to wash, NOT the pre-washed rice for this Sushi Rice recipe

And Homemade Sushi Seasoning:(mix this now so you can occasionally stir it up while you are washing, cooking, and steaming the rice below. This will insure that all of the sugar is dissolved by the time you are ready to use it):

5 4 Tablespoons plain Japanese [Rice Vinegar](#) (not the "seasoned" rice vinegar)

6 1/2 teaspoon salt (up to 1 teaspoon on occasion... see below)

5 tablespoons sugar (down to 2 tablespoons on occasion... see below)

For the Rice

7 2 cups of [Japanese short grain white rice](#)

8 2 Tablespoons Sake

9 2 cups of water (bottled water preferably) minus 2 tablespoons of water. Add 2 tablespoons of Sake to replace the 2 tablespoons of water in your second cup of water.

4 x 6 inch piece of [Kombu](#)