

**SUSHI DAY !**  
**Chef Michelle A: Tuesday 4-6 Class #4**

TODAY'S RECIPES

- Sushi Rice
- Sushi Rolls
- Edamame

SKILLS LEARNED

- Making sushi !
- Knife skills
- Boiling vegetables

EQUIPMENT

- Cutting board
- Knife
- Sushi rolling mats
- Saucepan (for cooking rice and edamame)
- Strainer (for rinsing rice and draining edamame)
- Vegetable peeler
- Measuring spoons and cups



**SUSHI RICE**

INGREDIENTS

1 cup short grain sushi rice  
1 1/4 cup cold water  
2 tablespoons rice vinegar  
2 tablespoons sugar  
1/4 teaspoon salt

INSTRUCTIONS

1. First rinse the rice 3-4 times in a strainer under cold water, until water is no longer cloudy when rinsed.
2. Put one cup raw rice into saucepan and add cold water. Bring to boil, then reduce to a simmer. Cover and allow to cook at a gentle simmer for about 20 minutes, until tender. When finished cooking, allowed to sit with cover on for another 20 minutes. When rice is rested, mix vinegar, sugar, and salt and fold into warm rice. Allow rice to cool completely before making sushi (if possible, make rice one day ahead).

## **SUSHI ROLLS**

### INGREDIENTS

Toasted nori seaweed  
1 carrot  
1 Persian or English Hothouse cucumber  
1 avocado  
Sesame seeds  
Soy sauce (use gluten free Liquid Aminos if necessary)  
Wasabi  
Pickled ginger

### INSTRUCTIONS

1. Slice cucumber into thin strips.
2. Peel and slice avocado into thin strips.
3. Use a vegetable peeler to make carrot ribbons.
4. Put one sheet of seaweed on sushi mat. Prepare a bowl of “hand vinegar” (1 cup water, 1/4 cup rice vinegar) for working with rice.
5. Dip hands in “hand vinegar”, then take a handful of rice and spread it on the nori until 1/4” thick. Cover the whole sheet, except an inch across the bottom.
6. Sprinkle sesame seeds. Lay the carrot ribbons along the edge closest to you. Lay the cucumber strips on top of the carrot. Put 2 to 3 slices of the avocado end to end on top of the cucumber.
7. Roll the sushi: Grab the edge of the mat and nori closest to you and keep the filling in place with your fingertips. Roll this into a tight roll, pressing down on the mat lightly to keep nice circular shape. Wrap the mat around the finished roll to make sure it is evenly shaped.
8. Cut the sushi into rolls and serve with soy sauce, wasabi, and pickled ginger.

## **EDAMAME**

### INGREDIENTS

2 cups frozen or fresh edamame in pods  
4 cups water  
1 tablespoon salt

### INSTRUCTIONS

1. Bring water and salt to a boil. Add edamame and cook for 4-5 minutes until edamame are tender and easily release from their pod.
2. Drain thoroughly and toss generously with flaky sea salt.