

# SUSHI



**TOP 50 MOST DELICIOUS SUSHI RECIPES**

# Top 50

## Most Delicious Sushi Recipes

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# A little about sushi

Sushi was first made in Southeast Asia and it has varied a lot in form throughout the years. Sushi is known as the traditional Japanese everyday food. The literal meaning for sushi is "sour-tasting", probably in referral to the history of its fermented origins. However, sushi is basically anything that is combined and doled out with sushi rice (sticky rice with rice vinegar). A lot of people confuse sushi with sashimi but sashimi is not sushi because it is not served with sushi rice.

The most famous kinds of sushi's are: **Maki-Sushi**: which is sushi that is rolled and wrapped in seaweed paper called **Nori**, occasionally it can be wrapped in something other than Nori, and it has 5 distinctive kinds of roll presentations. Then there is **Nigiri-Sushi** which simply means hand pressed into different shapes. Then we have **Chirashi** which is sushi rice served in a bowl with an assortment of toppings called "gu". There is also **Inari-Sushi** which is a pouch of fried tofu filled with sushi rice. And finally there is **Oshi Sushi** or **Hako-Sushi** which is sushi that has been pressed in a wooded box mold to retain a square form. Sushi has grown in popularity worldwide and so of course now the western world has its popular varieties of sushi as well.

Whether you are a beginner, or an expert in the delicious and exciting world of sushi; this sushi recipe book will expand your view and taste on the world of sushi. With 50 recipes containing every kind of sushi, everyone will be able to enjoy some homemade sushi. Remember, sushi is an art and takes time to prepare, but it's well worth the effort. If prepared correctly and the seafood you use is fresh or well packaged, sushi is a healthy dish, it may contain antibacterial properties and vitamins such as A, B6, B2 and Omega-3s. Enjoy these irresistible sushi recipes and be overwhelmed by their deliciousness!

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# **Sushi Rice**

# Quick & Easy Sushi Rice

If you are in the mood to make sushi rice in a traditional way but following a simple and easy recipe then here is the recipe for you.

**Yields:** 4 cups **Ingredients:** 2 cups water, plus extra for rinsing rice 2 tablespoons sugar 1 tablespoon kosher salt 2 tablespoons rice vinegar 2 cups sushi or short grain rice **Method of Preparation:**

1. Take a mixing bowl and pour in 2 cups of sushi rice and then cover the rice with cool water and swirl it around. The water will turn a little white in color; carefully pour out the water leaving the rice in the bowl. Repeat this process around 3 times until you swirl the rice in the water and the water remains clear.
2. Use a medium saucepan and pour in the drained rice plus 2 cups of water and put it over high heat.
3. Leave the sauce pan uncovered until it starts to boil, as soon as it starts to boil cover and reduce the heat to the lowest setting.
4. Allow 15 more minutes for the rice to cook then turn off the heat and do not take off the top but leave the rice covered for 10 more minutes.
5. Use a small bowl and combine the sugar and the rice vinegar, warm it in the microwave or in a small saucepan then mix it.
6. Use a glass or wooden mixing bowl and spoon the all the rice in.
7. Fold the vinegar mixture into the rice thoroughly making sure that all the rice is well combined with the vinegar.
8. Allow time for it to chill before using it to make your sushi.

# Traditional Japanese Sushi Rice

If you want to have the Sushi rice that you only get at top Sushi restaurants here is a recipe that discloses “Top Secrets” from Japanese Sushi chef and expert. Even if you see that this recipe varies from most sushi rice recipes out there just follow it to a bone and you will be proud of the results. True, it is more time consuming to prepare and has its tricks but this is for those who want to go all out with their rice.

**Yields:** about 4 cups of cooked rice

## **Ingredients:**

2 cups of water (preferably bottled water)

2 cups of Japanese short grain white rice (do not purchase the pre-washed rice for this recipe)

Kombu (4 x 6 inch dried seaweed)

## For rice seasoning:

1/2 teaspoon salt

4 tablespoons plain Japanese Rice Vinegar (do not use seasoned rice vinegar)

Sake (optional great when added)

4 tablespoons Sugar

Supplies

Hangiri (a Japanese mixing bowl great for mixing and cooling sushi rice)

## **Method of Preparation:**

1. Use a heavy non-stick pot with a good lid for to make the rice.
2. Place the 2 cups of rice in a mixing bowl and fill the bowl almost to the top with water. Then use your hand and gently swirl the rice around to remove the starchiness from it.
3. After a few swirls the water will turn white drain the water and use a sieve to not lose any rice place the rice back in the mixing bowl and repeat this process at least five to six times. The final rinse of the rice should render clear water.
4. Allow the rice to sit in the sieve for about 10 minutes or so before continuing with the next step.
5. Place the rice in the heavy non-stick pot and add in the 2 cups of bottled water minus 2 tablespoons which you will replace with 2

tablespoons of Sake. (Hard or soft tap water, or sulfur well water can affect the essential taste of sushi rice which is why you use bottled water)

6. Take the Kombu and lightly wipe it off and place it in the rice.
7. Place the pot with the rice aside to soak for about 20 minutes this is so the rice turns very "white", the results are that the rice will have a better texture and will be shinier.
8. Turn on the heat to high and bring the rice to a boil as soon as it starts boiling put the lid on and reduce the heat to low. Cook for 15 minutes and then turn off the heat.
9. Once you have turned off the heat (Do not take off the lid to check you rice at all during this time) let the rice sit and steam for the next 20 minutes.
10. Remove the lid and use a wooden rice paddle to fluff the rice lightly. Cover with lid again and go to prepare the rice seasoning.
11. To make the rice seasoning: use a small sauce pan and place the 4 tablespoons of rice vinegar, the 4 tablespoons of sugar and mix. You can place the small saucepan over low heat for about 10 to 20 seconds to help dissolve the sugar into the vinegar but it must be done with extreme care as to not over heat the vinegar (over heating can alter the taste of the vinegar), as soon as it is heated pour it into a small mixing bowl and mix it a bit more.
12. You may start mixing the rice seasoning together while the rice is steaming, and periodically mix it to help the sugar dissolve well and so when the rice is ready so will your rice seasoning be ready as well.
13. To combine rice with rice seasoning: Take the Hangiri, while your rice is steaming (if you are not able to get a Hangiri use a good wooden bowl) and fill it with cold water and a splash of rice vinegar. (This helps the bowl to get cold and prevents the rice from sticking to it).
14. When the rice and rice seasoning is ready, empty out the water from Hangiri or Wooden bowl (do not dry bowl leave damp), remove the Kombu from the rice (do not mind if the Kombu left a brownish stain) and pour the rice in the Hangiri or bowl.
15. If by any chance rice has stuck to the bottom of your pot do not scrape out the stuck rice because this rice tends to be crispier and harder and is not suitable for sushi rice.
16. Use a wooden spoon and gently spread the rice around and carefully go pouring the rice seasoning all over the rice.

17. Take a hand fan or piece of cardboard (or point an electric fan) and gently cool the rice while you continue to mix in the rice seasoning, use a side to side cutting motion with the edge of the wooden spoon as you mix the rice. All the rice should stay well coated.
18. This procedure helps the liquid of the seasoning evaporate faster while you thoroughly mix it in and also helps the rice be shiny, have a good consistency sticky but not too mushy. It is a bit tricky to do but you'll get the hang of it with practice.
19. Allow the sushi rice to come down to room temperature before making your sushi.
20. While the sushi is cooling over the hangiri or wooden bowl with a damp clean kitchen cloth or tea towel to prevent the rice from drying out when you start making the sushi.
21. Give yourself a pat on the back you have made a pro's sushi rice.

# Rice Cooker Sushi

Here is a sushi rice recipe for those who want to use their rice cooker and make sushi rice as simply and easily as possible. This recipe only uses 3 ingredients and still renders great results.

**Yields:** 6 cups **Ingredients:** 3 cups (use measuring cup of rice cooker) of medium grain pre-washed rice 1/3 cup of seasoned rice vinegar 3 1/4 cups of water (preferably use the water mark that marks 3 on the rice cooker) **Method of Preparation:**

1. First put the 3 cups of rice in the rice cooker.
2. Then add in the water until it reaches the 3<sup>rd</sup> mark.
3. When the rice is done button will pop up and light change to "warm."
4. Leave the rice 15 more minutes in the cooker without opening the lid so it can steam.
5. After the rice has steamed transfer to a glass or wooden mixing bowl
6. Slowly go pouring the seasoned vinegar over the rice while tossing it with a rice paddle. Be careful to not mash the rice.
7. All the rice should be thoroughly (yet thinly) coated with the vinegar and look shinny.

# **Popular Western** **Sushi**

# Philadelphia Roll

It is said the Philadelphia Sushi roll or "Philly roll" got its name because of the Philadelphia brand cream cheese that is used in the roll. It grew in popularity in the 1980s and now is among one of the most popularly ordered Sushi rolls in America. Here is a nice recipe for you to prepare this tasty roll in an easy way from the comfort of your home.

**Yields:** 2 serves **Ingredients:** 8 ounces cream cheese 3 ounces smoked salmon strips 2 English cucumbers 1 green onion finely sliced 2 pieces toasted Nori (sushi grade seaweed) 1 cup cooked sushi rice **Method of Preparation:**

1. Take the cream cheese and cut it in lengths that are about  $\frac{1}{4}$  of an inch thick.
2. Peel the cucumbers leaving a shade of green and cut it in strips (lengthwise) that are about  $\frac{1}{4}$  of an inch thick.
3. Take your bamboo mat and place one of the Nori sheets on it, shiny side down.
4. Gently cover the Nori sheet with sushi rice (have a small bowl with water and a drop of rice vinegar and dip your fingers in it, your fingers should be moist but not wet so that you do not drip water on the rice) gently go pressing the rice on to the Nori sheet with your fingers. Leave 1 &  $\frac{1}{2}$  inch of the top lengthwise part of the Nori sheet bare. (The side farthest away from you)
5. Place the 1  $\frac{1}{2}$  smoked salmon strips length wise on the center of the rice then top the salmon with  $\frac{1}{4}$  inch sticks of cream cheese and then place 2 cucumber strips beside the salmon and cream cheese.
6. Sprinkle the green onion over the cream cheese and cucumber.
7. Start folding the side of the mat that is closest to you over, use even pressure while centering your ingredients; tighten the roll by pressing and pulling on the bamboo mat. (Use your fingers to hold things in place)
8. Once you have rolled it until the part of the Nori sheet that is not covered with rice tighten the roll by pulling the covered part of the roll with one hand and tugging the other part of the mat in the other direction with your other hand.
9. Finish the Philadelphia roll by rolling the last part of the uncovered Nori and then tighten the roll with the mat. Hold it still for a few seconds to allow it to seal.

10. Use a very sharp serrated blade to cut it into slices.

# British Colombia Roll

Perhaps you are one of those who are still not completely fond of eating raw fish yet like the flavor of Sushi rice, if so then this is the perfect Sushi recipe for you. It uses delicious grilled salmon and is a great sushi for out door gatherings. The “BC” or British Colombia sushi is said to have gotten its name from the fact the British Columbia is well known for their wild Pacific Salmon, the BC roll has many variations and here is a special one for you.

**Yields:** 4 serves **Ingredients:** 2 cups of cooked Sushi rice 3 oz of salmon filet 1/2 red bell pepper 1 small green onion 3 Nori sheets Wasabi powder Soy sauce Pickled ginger **Method of Preparation:**

1. Very slightly season the salmon filet and place it on a hot grill pan. Grill each side for about 1 minute to a minute and a half; remove for heat and allow it to chill.
2. When the salmon is chilled to room temperature cut it into thin strips.
3. Next cut the red pepper and into very thin matchstick strips (about 0.5 cm thick).
4. Slice the green onion very thinly.
5. Make a smooth paste of wasabi by mixing about 1 tablespoon of wasabi with a few drops of water.
6. Put the Nori sheet on a bamboo rolling mat make sure that the shiny side is facing downward.
7. Cover the Nori sheet with the prepared sushi rice (make a thin layer, don't make it too thick).
8. Leave 2 ½ cm of the Nori sheet bare lengthwise at the top (the side further away from you).
9. Place some of the wasabi paste in a line lengthwise in the center of the rice.
10. Add in the salmon strips, and then the thin red bell strips, sprinkle green onions on the top.
11. Roll your sushi a little at a time compressing gently until all is rolled well.
12. Take a very sharp knife and cut into slices.
13. Serve with soy sauce, pickled ginger and wasabi.

# Hawaiian Roll

A very popular sushi roll in Hawaii is the Hawaiian roll and there are several varieties or versions of it. If this is a roll that you enjoy when eating out or ordering in here is a lovely recipe for you to try at home. Surprise your guest with this lovely treat that looks sophisticated and tastes delicious.

**Yields:** 2 servings

## **Ingredients:**

½ Avocado  
7 oz of Crab stick  
½ teaspoon of lemon juice  
½ cucumber  
1 cup of cooked Sushi rice  
1 Nori sheet  
8 oz of Sushi Grade fatty Tuna

## **Method of Preparation:**

1. Start by cutting the cucumber into thin long strips.
2. Then cut peel and core the avocado and also cut it into very thin strips, then squeeze lemon or lime juice over it to prevent it from browning.
3. Use a very sharp knife to slice tuna. Slant the knife at a bit of an angle before cutting each slice, carefully hold the sides of the tuna together while slicing. Each slice should be about 5 millimeters thick.
4. Prepare the bamboo mat by covering it with saran wrap.
5. Spread the Sushi rice on the rough side of the Nori sheet. Carefully flip the Nori sheet over so that the rice is on top of the saran wrap.
6. Lay the cucumber strips, crab sticks and avocado strips on the middle of the Nori sheet.
7. Start rolling the bamboo mat from the edge.
8. While you are rolling it gently squeeze it to make sure that everything is firm and coming together.
9. When you are done open the bamboo mat and remove the saran wrap and place the roll on the cutting board.
10. Start covering the roll with the tuna slices slightly layering them so that one overlaps the other

11. Cover the roll with a new piece of saran wrap and then place the bamboo mat on top the roll.
12. Squeeze the roll gently all across to make the slices of tuna look like one big long slice. (Be careful to not smash the tuna slices.
13. Use a small bowl and pour water and a little rice vinegar in it. Then take a clean kitchen towel and dip it into the vinegar and water mixture; squeeze the kitchen towel and use it to wipe a very sharp knife.
14. Cut the roll into slices, every time you will cut a new roll wipe the knife with the damp kitchen towel.

# Rainbow Fresh Roll

The name Rainbow Sushi Roll is give to sushi rolls that have the common characteristic of having different colored topping (usually 4) on the sushi roll. This roll is not only very appealing to the eye but also great for those who want to taste different flavors on the same roll.

**Yields:** 4 serves **Ingredients:** 2 dried Nori sheets (8x7 inches) 2 cups of cooked Sushi Rice 6 cooked, sweet shrimp (butterflied) 1 tablespoon spicy mayonnaise (for sushi) 3 teaspoons of flying fish roe (tobiko) 1/4 Japanese cucumber 4 asparagus spears Pinch of wasabi paste 4 slices or 5 oz sashimi-grade ahi tuna 4 slices or 5 oz sashimi-grade yellowtail 4 slices or 5 oz sashimi-grade salmon 1/4 large ripe avocado Hot chili sauce (Sriracha), for serving **Method of**

## **Preparation:**

1. Ready the ingredients to start assembling the roll.
2. Peel the cucumber remove the seeds and cut it lengthwise into thin strips
3. Steam, cool and then cut the asparagus into very thin strips.
4. Take the cooked sweet shrimp, peel and de-vein it.
5. Make sure the tuna and salmon slices are sliced around 3 ½ x 1 inches diagonally
6. Slice the avocado into 8 very thin slices. Squeeze lime juice on it to prevent it from turning a brownish color.
7. Place 1 Nori sheet on a bamboo mat that has been covered with plastic wrap. Make sure that the shiny side is downward.
8. Moisten your hands in water and start spreading 1 cup of sushi rice in an even layer over the Nori sheet. (Leave ½ an inch border on the top long side of the Nori sheet without rice.)
9. Carefully turn the Nori sheet covered with rice onto the plastic wrap, making sure to leave the same long side positioned close to you.
10. Take a small bowl and place the shrimp, 1 teaspoon of fish roe and 1 tablespoon of spicy mayonnaise and toss to coat.
11. Now arrange the shrimp in a horizontal line in the middle of the Nori sheet.
12. Place half of the asparagus and cucumber strips over the shrimp.
13. Raise the edge of the plastic wrap closest to you and carefully start rolling, press gently on the plastic in order to form a good tight roll. Hold the bamboo mat in position and press it to make sure the roll

holds firm.

14. Lift the top of the mat and roll so that the part of the Nori without rice closes the roll. Press the roll once again to secure a nice shape.
15. Remove the plastic wrap from the roll get ready to place the toppings on it.
16. Start covering the roll from left to right: first lay the tuna, then the avocado, then the yellowtail, once again the avocado then the salmon and repeat the sequence until the end of the roll. (Make sure each slice slightly overlaps the other.)
17. Now take a piece of plastic wrap and cover the roll and then place the mat on top, and gently tuck and grip the roll to make it firm.
18. Repeat the entire process to make 2 rolls.
19. Use a very sharp knife to cut the rolls into slices.
20. Place a little bit of fish roe over each slice of sushi.
21. May serve with a sprinkle of hot sauce or spicy mayo or both.

# Vegetarian Sushi

Place a flare of oriental high nutritional value on your plate with these great veggie roll. Veggie rolls aren't only full of vitamins they are also very tasty and aesthetically look great. Serve these up and impress your friends they are so good even the meat eaters will want to gobble these up.

**Yields:** 10 rolls **Ingredients:** 5 cups of cooked sushi rice 5 Nori sheets (halved) 2 cucumber 2 small red onion 2 Avocado 2 plum tomato (remove seeds) 20 asparagus spears (trimmed and blanched) 1 romaine lettuce heart sesame seeds for sprinkling (optional) wasabi paste for spreading and serving (optional) pickled ginger for serving (optional) Japanese Mayo (optional) **Method of Preparation:**

1. Place a half Nori sheet rough side facing up grab  $\frac{1}{2}$  cup of sushi rice and spread the rice evenly up to the edges when done sprinkle with sesame seeds (optional).
2. Peel the cucumber and slice into thin long sticks.
3. Thinly slice the red onion, avocado, tomato and lettuce (use a vegetable peeler for the avocado)
4. Peel the tough ends of the asparagus and cut in half
5. Shred the lettuce in long strips
6. Carefully flip over the Nori if desired spread some wasabi paste in a line arrange the pieces of all the vegetables in a tight pile and proceed to roll the sushi.
7. Slice the rolls into 4 to 6 pieces for the serving use pickled ginger and more wasabi or Japanese Mayo (optional)

# Californian Roll

In the 60s many Japanese chefs migrated to the USA in search of fortune. Los Angeles, California was one of the first places to have a sushi bar and the Californian roll was born. It is said that to make to sushi roll more appealing to Americans the roll was made inside out to disguise the Nori, the roll soon grew in popularity and is still served around the world nowadays.

**Yields:** 8 appetizer servings **Ingredients:** Juice of 1/2 lemon 1 medium avocado 4 sheets nori 4 cups of cooked sushi rice 1/3 cup of toasted sesame seeds 1 small cucumber 4 crabsticks Pickled ginger Wasabi Soy sauce **Method of**

## **Preparation:**

1. Peel, core seed out and slice the avocado into slices that are about  $\frac{1}{4}$  inch thick. Take the lemon juice it over the avocado.
2. Peel and deseed the cucumber then cut it into tiny match sticks.
3. Tear the crabsticks into pieces
4. Take a bamboo mat and cover it with plastic wrap.
5. Carefully cut the Nori sheets into halves (crosswise).
6. Place a cut Nori sheet shiny side down on the mat.
7. Run your fingers under water before you start spreading the rice to prevent the rice from sticking to your fingers.
8. Spread  $\frac{1}{2}$  a cup of rice evenly over the Nori sheet then sprinkle the rice with sesame seeds.
9. Turn the Nori sheet over so that the rice side is down on the plastic wrap
10. Lay  $\frac{1}{8}$  of the avocado slices, cucumber sticks, and crab pieces in the middle of the Nori sheet.
11. Grab the edge of the bamboo mat that is nearest to you, use your fingers to keep the fillings in place, and start rolling forming a tight cylinder with the mat.
12. Pull off the mat with plastic wrap and cover the roll with a damp towel until you have repeated the process making 8 rolls.
13. Cut each roll with a very sharp knife into 6 pieces.
14. Serve with wasabi, soy sauce and pickled ginger.

# Spider Roll

The spider roll is quite a popular roll and there are various forms of serving it up; some like to use the legs of the crab as adornment on one of the rolls, it is really up to you. This recipe is wonderful because it goes for flavor and taste, and you are free to garnish as you wish.

**Yields:** 6 to 8 rolls **Ingredients** 1/8 avocado 1/2 cup sushi rice 2 cups tempura batter 1 Soft-shell Crab 1 Nori sheet 2 tablespoons spicy mayonnaise For the tempura batter: A few ice cubes 1 whole egg beaten 1 cup all purpose flour 1 to 2 cups seltzer 1/2 cup cornstarch For the spicy mayonnaise: 1 teaspoon shallot (chopped) 2 teaspoons cayenne pepper 1/2 clove garlic 2 teaspoons seasoned rice vinegar 2 teaspoons chili paste 3 tablespoons lime juice 1 teaspoon miso paste 1 1/2 cups vegetable oil 3 egg yolks **Method of Preparation:**

1. To make the tempura batter: Start by placing all the dry ingredients into a mixing bowl.
2. Then stir in the egg, once you have stirred in the egg pour in 1/2 cup of the seltzer (whilst stirring with the other hand) once stirred in pour in another 1/2 cup stir again and then the other 1/2 cup. Check to see that with the seltzer you have poured in the batter has a consistency of un-whipped heavy cream if not add in 1/2 cup more of seltzer.
3. Take a few cubes of ice and stir them into the batter to keep it very cold.
4. To prepare the crab: start by preheating oil to about 350 degrees F.
5. Carefully dip the crab into the tempura batter, remove and put it to fry until it turns golden brown.
6. Once it is done remove it from the oil and place the crab to drain on paper towels. Cut the crab in thirds.
7. To prepare the spicy mayonnaise: pour the shallot, cayenne pepper, 1/2 clove of garlic, seasoned rice vinegar, chili paste, lime juice, miso paste and the 3 egg yolks into the blender and blend. Then slowly in a thin line (while the mixture is still blending) go adding in the oil to go forming the mayonnaise.
8. To make the roll: place the Nori sheet on the bamboo mat, spread the rice over it, then add the crab, the avocado and finally the spicy mayonnaise.
9. Roll (can roll it in a jelly roll fashion) slice and garnish as desired

# Mango Roll

The fusion of Oriental flavors and Latin flavors can be something grand and in a way that is what the mango sushi roll is. This recipe represents creative mixtures of both types of cuisines and is a tasty treat to serve out to your friends and loved ones.

**Yield:** 4 rolls **Ingredients:** For the shrimp mixture: 1 egg, beaten 1 cup panko breadcrumb 12 large shrimps (deveined) 1/4 cup flour oil for deep frying For tartar sauce: 2 Tbsp finely minced onion 1 egg (boiled peeled & chopped very finely) 4 Tbsp mayonnaise 2 Tbsp finely minced pickle Very thinly shredded cabbage Salt and pepper For the roll: 1 mango 1 avocado Black sesame seeds 1/4 cup passion fruit sauce 8 ounce block of cream cheese 2 Nori sheets 8x7 (halved) 2 cups of prepared sushi rice **Method of Preparation:**

1. To make the shrimp: remove the shells and heads from the shrimp (do not remove tails).
2. On the stomach side of the shrimp make a few incision and then straighten by pressing lightly on the back of the shrimp.
3. Use a sharp knife to cut the edge of the shrimp tails and remove any dirt with the knife. The use some paper towels to pat dry the shrimp
4. Lightly coat the shrimp in flour and then dip it in egg and the coat it in the bread crumbs.
5. Take a deep frying pan pour in oil and pre-heat the oil to about 340 to 360 degrees F.
6. Fry the shrimp until it is browned and then put it to drain.
7. To make the tartar sauce: use a small bowl to mix all the tartar sauce ingredients. Make sure everything is combined well, season with salt and pepper as desired.
8. To prepare the mango roll: Peel the mango and then cut out thin strips that are about 1/2 of an inch wide.
9. Peel, core and cut the avocado into thin slices as well. Squeeze lemon juice on the avocado to prevent it from browning.
10. Take the cream cheese and cut into 8 strips.
11. Wrap the bamboo mat with plastic wrap and place the Nori sheet on it. Cover the Nori sheet with half a cup of rice.
12. Carefully turn the Nori sheet over placing the rice on the plastic wrap side.
13. Arrange the fried shrimp and tartar sauce in the middle of the Nori

sheet.

14. Then place the strips of cream cheese (2 strips per roll) and the strips of mango.
15. Use the bamboo mat and start rolling, use your fingers to help hold filling in place until rolled in.
16. Once you have finished rolling place the roll on a cutting board and top the roll with a layer of avocados place a piece of plastic wrap over the roll and then place the bamboo mat over it; gently grip the roll to set the avocado over the roll. Remove mat and wrap.
17. Sprinkle the roll with black sesame seeds and the drizzle a few teaspoons of passion fruit over.
18. Slice with a very sharp knife (wipe knife in a clean moisten towel before cutting each slice)

# Michigan Roll

Looking for a simple yet spicy and very tasty roll? Well the Michigan roll is just the roll you are looking for; by the way it is quite a popular roll in some sushi bars in America. It is simple to make and serve, great for light lunches or even to serve when having guests over.

**Yields:** 2 rolls **Ingredients:** Block of sashimi tuna around 6 oz (can use sashimi trimmings) Spicy Tuna Filling 1 scallion ½ red bell pepper ½ Avocado 1 ½ cup of prepared Sushi rice 2 Nori sheets Wasabi Japanese Mayonnaise Smelt Roe (Masago) or Sriracha Sauce **Method of Preparation:**

1. To make the spicy tuna filling: take the block of tuna and dice it into very small dices about 2x2cm small. Place in a mixing bowl
2. Then thinly slice the scallion and add it to the tuna
3. Take a small mixing bowl and add 2 spoons of Japanese mayonnaise and mix it with a splash of Smelt Roe or Sriracha Sauce (as desired remember these are very hot and spicy) mix thoroughly and add it to the tuna mix.
4. Stir the tuna mix and make sure everything is well combined
5. Thinly dice the red pepper
6. Then slice the avocado and sprinkle lime juice over it.
7. Place the Nori sheet on a plastic covered bamboo mat shiny side down and then spread 1/2 of the amount of sushi rice width wide over 2/3 of the Nori sheet.
8. Flip the Nori sheet over so that the rice is on the plastic covered mat.
9. Place the spicy tuna mix in the middle of the Nori sheet (spread it around 1/3wide in the middle) then sprinkle the red pepper over it and place the strips of avocado.
10. Roll it up starting with the side that is nearest to you, when you have finished rolling it gently tighten your grip up and down the roll to a help everything set.
11. Repeat entire process for second roll.
12. Then wet a sashimi knife and slice each roll into 8 pieces.

# Dragon Roll

This roll is a favorite amongst many because all the ingredients are simply perfect together. Here is a simple way to make what seems like a very complicated roll into a simple roll. A nice tip is to leave the tail of one shrimp uncut and sticking out of the end of the roll to resemble the end of a “dragon's tail.”

**Yields:** 6 rolls **Ingredients:** 12 Pre-cooked frozen shrimp tempure (preferably from Trader Joes) About 3 cups prepared sushi rice 3 Nori sheets (halved) 1 Japanese cucumber 3 avocados ½ lemon ⅛ cup (20oz) Tobiko Unagi (eel) For toppings: Spicy Mayo Black sesame seeds Unagi Sauce For spreading sushi rice: Vinegar water for dipping hands (Tezu) ¼ cup water 2 tsp. rice vinegar **Method of Preparation:**

1. Take the Japanese cucumber and peel is slightly leaving bits of green peel. Then cut it into thin long strips.
2. Slice the avocado in half lengthwise all around the seed gently give it a few small twists and open the seed should come out easily.
3. Carefully remove the skin off each half of the avocado. Now thinly slice the avocado width wise.
4. What you want to do now is spread the sliced avocado like when you are opening an accordion, to do this gently go pressing the slices on the top with your fingers (this should start spreading them nicely) then use the knife to gently press on them until they are evenly spread to the length of the Nori sheet. Squeeze lemon juice all over the arranged slices to keep them green.
5. Take the bamboo mat and wrap it with plastic wrap and place the cut (halved) Nori sheet on it, shiny side down.
6. Dip your fingers into the vinegar water (tezu) take your measuring cup and moisten the inside of it with the vinegar water to prevent the rice from sticking to it. Then place ½ cup of rice on the Nori sheet and start spreading the rice over it with your fingers.
7. Turn your prepare Nori sheet with rice over and put the cooked shrimp tempura at the bottom (side closest to you) around 2 per sheet.
8. Lay the a few cucumber strips beside the shrimp then arrange the thin slices of Unagi (eel) on the cucumber and finally the Tobiko beside the cucumber.
9. Start rolling from the bottom end (the side nearest you). Use your

fingers to hold toppings until they are tucked with the first roll.

10. Continue to roll the Nori sheet over with bamboo mat slightly gripping to place everything firmly in place.
11. When you have finished rolling gently go gripping the roll from top to bottom lengthwise to help with the final setting of the roll.
12. Next place the roll right beside your laid out avocado slices and then carefully scoop up the avocado slices using the side of the knife and place them on top of the roll.
13. Put a piece of plastic wrap over the roll and then put the bamboo mat over it.
14. Gently but tightly squeeze the roll until the avocado slices are wrapped around the sushi.
15. Cut the roll into slices (around 6 to 8 slices per roll) clean the knife with a wet towel after each slice to prevent it from sticking.
16. Place tobiko, spice mayo and unagi sauce on the top.
17. To finish sprinkle some black sesame seeds and serve.

# Yellowtail Spicy Roll

The blend of rice, spicy yellowtail and seaweed rolled up together is heavenly for sushi lovers. This yellow tail spicy roll is a popular and on the menu of most top sushi restaurants. Yellowtail fish is primarily farmed in Japan and is really great tasting. Enjoy this recipe for yellowtail from the comfort of your own home.

**Yields:** 2 rolls **Ingredients:** 1 Nori Sheet (halved) 1 cup of prepared Sushi Rice 2 ounce - Raw Yellowtail (Hamachi) Sashimi 1 - Green Onion 1 small cucumber  
For Spicy Sauce: Several drops of Sriracha (chili sauce) 2 spoons of Japanese mayonnaise A dash of pepper flakes **Method of Preparation:**

1. Take the yellowtail and chop it finely and place in bowl.
2. Finely dice the green onion and add them to the bowl with the chopped yellowtail.
3. Use a small bowl to mix all the ingredients for the spicy sauce when all is well combined pour the spicy sauce into the yellowtail and combine everything well.
4. Cut the top and bottom off the cucumber take out the seed and slice it into thin strips
5. Take the Nori sheet and cut it in half
6. Place half of the Nori sheet shiny side down, with the long side facing you on a bamboo mat.
7. Take a bowl and place 1 cup of water and  $\frac{1}{4}$  cup of rice vinegar place your hands in the water remove them (hands should be damp but not wet).
8. Spread  $\frac{1}{2}$  cup of rice over the sheet by gently patting it around do not smash or smear the rice. Make sure you end up with an even layer on the sheet,
9. Spoon in the  $\frac{1}{2}$  of the yellow tail mixture onto the roll in a straight line about 1 inch away from the bottom part of the row (the side that is closest to you),
10. Place the cucumber strips right beside the yellow tail mixture.
11. Roll this yellowtail sushi using the Maki sushi method for rolling.
12. Once rolled cut the roll into 8 slices with a very sharp knife (moistened in vinegar water).

# Hot Scallops Roll

Here is a great roll for all those who love scallops and sushi. Since scallops are slippery and tend to slide out of cut rolls most sushi scallop recipes found are formed in hand rolls or cones or placed on the top of sushi rice. However, here is a recipe that turns the scallops into a delicious spicy paste perfect for a roll and one that you will really enjoy.

**Yields:** 1 roll or 8 pieces **Ingredients:**  $\frac{3}{4}$  cup of sushi rice 1 large Nori sheet 4 fresh scallops Tobikko (fresh Flying Fish roe) 2 tablespoons of coarsely crushed peanuts Tempura kasu (if you can get a hold of them) 2 tablespoons of Japanese mayonnaise Chili pepper powder 1 steamed small carrot peeled and finely chopped **Method of Preparation:**

1. Take a frying pan and slightly oil it then sear the scallops on both sides until lightly golden about 30 to 40 seconds on each side. Remove from heat and allow them to chill to room temperature.
2. Chop the chilled scallops into small pieces and put them in a bowl.
3. Add in the crushed peanuts, the tobikko/Flyiing Fish roe, the mayonnaise, tempura kasu (if available, then as mush as is desired) and finally the chili pepper. Mix everything well. Taste and if necessary adjust the seasoning as desired.
4. Take a carrot peel and steam it so it is still firm and slightly crunchy then dice it finely.
5. Place the large Nori sheet on a bamboo mat.
6. Spread the  $\frac{3}{4}$  cup of sushi rice over the sheet leaving a small strip space at one extremity. (Make sure the layer of rice is spread out evenly)
7. First arrange a line lengthwise on the side nearest you with the chopped carrots.
8. Beside the carrot row spread an even layer of the scallop mix all over the rice (leave a small space before reaching the other side of the sushi rice to allow a tight closing of the roll)
9. Carefully roll the sushi from the carrot end to the top. Once you have finished rolling press the roll firmly to seal the roll properly.
10. Unroll from the mat and cut with a very sharp knife; serve immediately.

# **Latin, Mediterranean & Caribbean** **Sushi**

# Caribbean Roll

Experience an explosion of flavor with this Caribbean roll, the star ingredient of this roll is the sweet and tasty Caribbean well known plantain. The sweet touch of the plantain combined with the rest of the ingredients is delightful and unexpected, everything in this roll works together so great; it is a perfect roll to serve at any summer theme gathering.

**Yields:** 2 rolls **Ingredients:** 6 shrimp tempura (shrimps deveined and clean) 1 1/2 cup of cooked sushi rice 2 Nori Sheets 4 strips of cream cheese 1 ripe plantain 1 green onion (thinly sliced) Chili sauce eel sauce honey For the tempura mixture: 1/2 cup of flour 1 egg 1/2 cup breadcrumb Salt & Pepper Soy oil (for deep frying) **Method of Preparation:**

1. Peel the ripe plantain and cut it in half lengthwise then cut each half into long slices lengthwise.
2. Place a deep frying pan over medium heat and pour in the oil when the oil is at about 330F place the plantain slices inside and cook each side until golden brown about 40 to 60 seconds per side
3. Remove the cooked plantain and set it on a plate with paper towels to drain, once the paper has soaked up the oil, pat dry them again with paper towels and set aside.
4. To make the tempura: beat the egg in a small bowl and season with a little salt and pepper. Place the flour in one plate and the bread crumbs in another plate.
5. Preheat the oil again to 360 degrees F
6. Dip the shrimp in the flour, then the egg and then the bread crumbs and fry until browned. Set aside
7. Take the Nori sheet and place it on a bamboo mat rough side facing upward.
8. Spread 1/2 of the rice on the sheet leaving 1 inch of the sheet on the side farthest from you bare without rice.
9. Sprinkle a little chili sauce in a very thin line in the middle of the rice.
10. Place 3 shrimp tempuras lengthwise 1/4 of an inch at the start of the sheet (side closest to you)
11. Beside the shrimp lay 2 strips of cream cheese
12. Over the cream cheese and shrimp lay the plantain and sprinkle half of the green onion on top.
13. Start rolling from the side that is closest to you. When you are doing

rolling grip the roll firmly but gently to make sure the roll seals well.

14. Use a very sharp moisten knife to cut the roll into 6 to 8 slices.
15. Drizzle eel sauce and a little bit of honey over the roll and serve.

# Mediterranean Trout Sushi

Thrill your guest with creative non-traditional sushi by making Mediterranean style sushi. The Asian rice flavor with the Mediterranean filling works so well together. These kinds of sushi are very tasty and work great as hors d'oeuvres they will be a hit at any cocktail party.

**Yields:** 2 rolls **Ingredients:** 6 oz of smoked trout (thickly shredded) 2 grilled asparagus spears (top and bottom cut off, halved) 1/2 grilled red bell pepper (cut into long strips) 2 teaspoons of soy sauce 1/2 Romaine lettuce (shredded in strips) 2 halved sheets of Nori 1 cup of prepared sushi rice Wasabi Lemon zested mayo **Method of Preparation:**

1. Place the halved Nori sheet on the mat and spread half of the cup of sushi rice all over the sheet leave about 2cm at the end of the Nori sheet (lengthwise) without rice.
2. Lay a thin line of wasabi lengthwise about 1 inch away from the start of the Nori sheet (side closest to you)
3. Run the Romaine Lettuce under hot water very quickly, drain and dry well
4. Place a strip of Romaine lettuce over the wasabi and sprinkle 1 teaspoon of soy sauce over the lettuce then place 3 oz of deboned smoked trout over the lettuce, add 2 halves of asparagus and half the strips of grilled red pepper.
5. Pick up the edge of the mat that is closest to you and start rolling you can use your fingers to hold fillings in place when you just start our rolling.
6. When you have formed a roll squeeze it softly to firm up the roll (do not squeeze hard or else the stuffing will come out).
7. Remove the complete roll from the mat and repeat the same process for the second roll.
8. If needed trim off any rough ends and then use a sharp knife to cut the roll in slices.
9. Garnish with lemon zested mayonnaise

# SunDried Tomatoes & Smoked Sturgeon Roll

Delight yourself on a lovely sunny afternoon or evening gathering with this Mediterranean inspired flavored sushi. The ingenious way of combining the non-Asian elements with sushi rice and dried seaweed results in a savory treat that is wonderful to eat.

**Yields:** around 24 slices **Ingredients:** 4 Nori sheets 2 cups of sushi rice 4 oz of smoked sturgeon cut into strips 12 strips of sundried tomatoes 2 cups of chard leaves 8 oz cream cheese 4 teaspoons of capers (optional) Aioli sauce **Method of Preparation:**

1. Put a Nori sheet lengthwise on a bamboo mat. Make sure to place the sheet about 1 inch away from the edge of the mat this leaves some mat exposed on both sides of the Nori sheet.
2. Wet your hands in cool vinegar water and take around a handful of sushi rice and spread it evenly over the Nori sheet. Leave  $\frac{3}{4}$  of an inch on the far side without rice.
3. Place the chard leaves in a colander and run them under hot water for a few seconds then dry them well can pat dry them with paper towels.
4. Place  $\frac{1}{2}$  cup of chard leaves over the rice in an even thin layer
5. Cut the cream cheese into 8 thin strips
6. Place  $\frac{1}{4}$  of the smoked sturgeon strips over chard leaves and rice (in the middle) then add 3 strips of sundried tomatoes on one side and 2 strips of cream cheese on the other side.
7. Sprinkle 1 teaspoon of capers over the fillings (optional)
8. Position your fingertips over the fillings to secure them in place. Next use your thumbs to raise the edge of the mat that is closest to you.
9. Start rolling the mat away from you and with every small roll you give apply a little pressure to help everything set firmly into place.
10. Once you have rolled the sushi entirely hold the mat in position and apply pressure with your fingers over the entire roll.
11. Place the sushi on a cutting board and slice the roll in half and then cut the half into another half. This should give you 6 equal slices.
12. Garnish with Aioli sauce. Repeat this entire process 3 more times to give you 4 rolls and 24 slices

# Mexi-Guacamole Roll

Here is a fun roll completely Mexican style. This roll is certainly not for everyone, especially for those who are very serious about traditional sushi and sushi rules, however if you are the kind that enjoys Mexican flavors and new fusions of flavors then this is the roll for you. It is fun to play with food and leave preconceived ideas aside try it, it might just be the hit appetizer everyone will talk about.

**Yields:** 24 slices **Ingredients:** 4 Nori sheets (2/3 of the sheet) 2 cups of sushi rice 1 roasted red pepper 1/2 crisp Romaine lettuce Pepper flakes 2 oz of grilled chicken strips For the guacamole sauce: 1/4 cup of red onion thinly chopped 1/4 cup of chopped cilantro not pressed 1/2 cup or thinly chopped tomatoes (seedless) 2 small avocados (or 1 big avocado) pitted and peeled 2 tablespoons of freshly squeezed lemon juice 1/2 jalapeno pepper seeded and finely mince salt and pepper **Method of Preparation:**

1. Have your grilled chicken strips ready (very lightly seasoned)
2. Cut the roasted red pepper in thin strips
3. Wash and dry the lettuce tear in to thick strips
4. To make the guacamole sauce: Peel and pit the avocado/s place it in a bowl and mash them (do not mash until completely smooth but rather a bumpy texture)
5. Add in the lemon juice, chopped onion, chopped tomatoes, jalapeno pepper and mix well, season with a little salt and pepper.
6. Place 2/3 of the Nori sheet on a bamboo mat cover the Nori sheet with 1/2 cup of rice.
7. Lay a row of the Romaine lettuce lengthwise, over the lettuce place 1/4 of the grilled chicken strips, lay the strips of red pepper beside the lettuce and chicken.
8. Spoon a thin layer of guacamole sauce over filling.
9. Roll up and cut into 6 even slices. (Repeat this process to make 4 rolls)
10. Sprinkle pepper flakes over the slices.
11. For those who like it spicy sprinkle chili sauce over the slices.

# Ceviche Roll

Spring or Summer have arrived and you are planning menus to eat on the terrace or menus for out door night dinners if ceviche comes to mind, because it's simple, fresh and delicious here is a special treat for you: the combination of Latin ceviche with sushi.

**Yields:** 3 rolls or 18 slices **Ingredients:** For the ceviche: 6 ounces very fresh grouper or red snapper ¼ cup fresh lime juice 2 tablespoons pineapple juice 2 tablespoons fresh orange juice 1 tablespoons yellow bell pepper (finely diced) 1 tablespoons Serrano pepper (finely diced) 1 tablespoons red bell pepper (finely diced) 1 1/2 tablespoons red onion (minced) 2 tablespoons chopped fresh cilantro leaves 1 teaspoon minced garlic 1/2 teaspoon kosher salt 1 tablespoon extra-virgin olive oil For the roll: 3 Nori sheet 1 ½ cups of cooked sushi rice 1/2 grapefruit, peeled and segmented (meaning all skins are removed) 1/2 large avocado, pitted and thinly sliced 1/2 tablespoon black sesame seeds Balsamic Reduction (optional, for drizzling) **Method of Preparation:**

1. To make the ceviche: slice the fish into 1/4-inch thick strips. Take a hallow glass bowl and put the diced fish in it.
2. Cover the fish with the orange juice, all the peppers, lemon juice, onions, garlic and pineapple juice and then toss everything to coat well.
3. Cover with plastic wrap and put in the fridge for 3 hours, every hour stir it to make sure everything marinates evenly
4. Remove from fridge and fold in the olive oil, salt and cilantro; set aside.
5. To make the roll: take the sushi rice and fold in or mix in the black sesame seeds.
6. Wrap the bamboo mat with saran wrap. Cut off 1/3 of the Nori sheet off so you are left with 2/3 of Nori sheet (save the other 1/3 of Nori for garnish, optional) place the Nori sheet on the mat
7. Cover the sheet lengthwise with the sushi rice leave ¾ of an inch on the side farthest from you without rice.
8. Carefully flip the Nori sheet so that the rice is now the saran wrap.
9. Place a row lengthwise of thinly sliced avocados about to 2cm from the start of the row (side closest to you) over the avocados spread some pieces of ceviche make sure there are little pieces of pepper onion and cilantro on the ceviche.

10. Place a few bits of grape fruit beside the avocado and cevich (just a few or it will be too runny).
11. Start rolling from the side that is closest to you. Lift the mat with your thumbs and secure the fillings with your fingers, go rolling gently while firmly securing the roll to make sure everything sets into place (make the roll is tight and snug but do not smash it or press on it too hard so the fillings don't go out the sides, if they do just gently tuck them back in the sides)
12. Once you are done rolling cut the roll with a very sharp knife (you can cut the bits of extra Nori sheets into thin matchsticks and use it to garnish the rolls, sprinkling some balsamic vinegar over the slices too) serve immediately. (Repeat process for the other rolls)
13. This can also be done as a Hako-sush which is Sushi that has is pressed in a wooded box mold you can place cucumber slices on the bottom.

# Latin Lomo Saltado Roll

Lomo Saltado is a traditional Asian-Peruvian dish that consists of thin strips of beef, red peppers, thin French fries and onions, usually it is seasoned with hot chili and soy sauce. The way this is served is over rice so it doesn't surprise that naturally this dish could be fused into a sushi that is becoming quite trendy especially in South America.

**Yield:** 30 sushi rolls **Ingredients:** 1 package of Nori (dried seaweed about five sheets) 4 cups of prepared sushi rice 2 cloves garlic, minced 2 tablespoons vegetable oil 1 pound beef tenderloin, (thinly sliced) 2 red onions (sliced into thin slivers) 1/2 teaspoon cumin 1 small hot pepper, (seeded and diced) 2 tablespoons vinegar 3 tablespoons soy sauce Salt and pepper to taste 2 red peppers, sliced into thin strips To garnish: Hot/ Spicy Mayo Thinly chopped green onions Minced cilantro Match stick French fries (thin potato sticks)

## **Method of Preparation:**

1. Slice the beef tenderloin into ½ inch strips.
2. Place a pan over medium heat and heat vegetable oil in it sauté the garlic with the cumin for about 40 seconds in it.
3. Add in the beef and cook it until browned all over season with a little salt and pepper stir remove from heat and set aside.
4. Use the same pan and add a bit more oil to the pan and pour in the hot pepper and the onions; cook them until they caramelize (around 8 to 10 minutes). Then add in the soy sauce, red peppers and the vinegar and cook for about 3 more minutes.
5. Turn off the heat and place the beef back into the pan stir. Set aside to chill.
6. Spread ¾ cup of rice over each Nori sheet and add in the Lomo Salteado as filling and roll.
7. Once you have your sushi roll slice it with a sharp moisten knife then drizzle the tops of the rolls with spicy mayo, sprinkle the minced cilantro, chopped green onions and garnish with the potato sticks; serve.

# Fruit & Veggie Roll

If you want to skip the whole meat thing but want to flare up your veggies and fruit, why not serve them up in sushi? This recipe allows you to do just that, not only that this sushi makes delicious and scrumptious rolls great for entreating all kinds of audiences both young and old.

**Yields:** 2 serves **Ingredients:** 1 green apple 1 ripe mango 1 scallion finely sliced A box of radish sprouts, (trim the ends off) 1 cup of steamed stemmed baby spinach leaves 2 pieces toasted Nori 1 cup cooked sushi rice Dressing for fruits and vegetables ¼ cup of unsweetened lemon juice ¼ cup of natural orange juice Pinch of salt and pepper 1 teaspoon of honey **Method of Preparation:**

1. Peel, core and slice the mango in matchsticks lengthwise and place in a bowl.
2. Core and slice the green apple into match sticks add to the bowl.
3. Seam the baby spinach leaves and place in a small bowl add in the sliced scallion.
4. To make the dressing: combine all the ingredients together and mix until well combined.
5. Pour half of the dressing into the fruit mix and the other half into the spinach mix. Set aside for a few minutes to marinate.
6. Place the Nori sheet on the bamboo mat shiny side down and evenly spread ½ cup of rice over the sheet with your fingers (moisten fingers with vinegary water to prevent the rice from sticking).
7. Leave ½ inch lengthwise without rice on the top part of the Nori.
8. Tilt the bowl with the spinach use a fork to hold spinach and drain out the dressing, do the same thing with the fruit you don't want the fillings to sog your sushi.
9. Make a row lengthwise (about 1/3 of an inch from the start of the row) with half the spinach and scallions, beside the row make a thin row with the mango and apple sticks.
10. Over both rows scatter the radish sprouts.
11. Begin rolling from the lengthwise edge that is closest to you, fold the mat over while slightly securing the fillings with your fingers and roll over the fillings slowly gripping the roll each time you roll.
12. Once you have finished rolling secure the roll in your hand to help it seal.
13. Repeat entire process for second roll then use a very sharp knife and

slice the roll into 6 even slices.

14. Garnish as you wish and serve up with any sauce you desire.

**Maki-Sushi**  
**Japanese Style**

# Hosomaki Tuna Tek

Because Hosomaki rolls are small, bite sized they are starting to become popular as great snacks or light lunches. Usually Hosomaki only contain 1 ingredient and when they are assembled they tend to be about 1 inch in diameter. Since they are thin in diameter, they can be bit trickier to roll then other rolls but they are fun to eat. One of the most popular or well-known Hosomaki rolls in Japan is called Tekkamaki made with tuna.

**Yields:** 4 serves

## **Ingredients:**

2 cups of Sushi rice

2 Sushi Nori (8x7)

Tuna sliced into 3/8" square matchsticks

Wasabi

## **Method of Preparation:**

1. Cut the Nori sheets in halves on the 8 inch side
2. Lay the cut Nori sheet shiny side down over the bamboo mat, with the 8 inch side closest to you.
3. Spread out ½ cup of rice over the cut Nori sheet. (Dip you fingers in vinegar water and then tap them on a damp rung-out towel to remove any excess water, this helps the rice not to stick)
4. Leave a strip on the Nori sheet of about ½ inch without rice (on the farthest side way from you).
5. Spread the wasabi across the center of the rice and then lay the strips of Tuna on it.
6. Lift the edge of the mat that is closest to you with both hands (put your thumbs under the mat while lifting up), use your fingers to hold the fillings in place.
7. Continue rolling, gently pressing on the mat to help filling set into place when you reach the part of the Nori without rice pause for a second.
8. Then tighten the roll by gently tugging the mat in opposite directions with opposite hands.
9. Now, finish rolling up until all is rolled and tucked under the mat. Firmly hold the roll for a little bit to seal to roll.

10. Wipe your sushi knife with the damp clean kitchen towel (wet and wring the towel in vinegar water) so that the knife doesn't stick to the roll every time you slice it.
11. Slice into 6 or 8 pieces and serve.

# Hosomaki Cucumber

Here is another version of Hosomaki sushi prepared with cucumber perfect to serve as an appetizer and easy to whip up. Since Hosomaki sushi is made with one ingredient feel free to use the recipe and switch up the 1 ingredient to anything you like such as peppers, carrots, cream cheese, crab sticks, *etc.* Each roll you make can have a different option.

**Yields:** 2 rolls 8 slices

## **Ingredients:**

1 cup of prepared sushi rice  
1 Nori sheet  
1 cucumber  
wasabi

## **Method of Preparation:**

1. Cut the Nori seaweed sheets in half perpendicular to the long edge.
2. Peel the cucumber coarsely leaving shades of green and cut it in half and then quarter cut it.
3. Take a small dish and prepare the wasabi, by mixing it with enough cold water to make a dough that can be rolled into a ball.
4. Place ½ cup of sushi rice and spread it on the Nori sheet with your finger tips. Leave 1. 28mm of space with no rice on the edge where you will finish rolling the roll.
5. Make a line of wasabi sauce in the middle of the rice (you can do it with your finger)
6. Place the cucumber slices on in the middle of the rice on the wasabi.
7. Place your fingers over the cucumbers and lift the mat with your thumbs than start to roll it.
8. Roll until you reach the seam and let the sushi mat release forward or outward. Gently press on the roll to firm it.
9. Unroll it carefully and place it on the side to prepare the next roll just like this one.
10. Allow the roll to stand a few minutes before cutting them so that the flavors absorb into one another. This also helps make it easier to slice.
11. Take a knife and run the blade under the water carefully shake it off and slice your rolls into 8 pieces each.

12. Arrange nicely on a plate.

# Gunkan Maki

In Japanese gunkan means battleship and that name comes from its oval shape. Traditionally Gunkan is wrapped in seaweed. But here is a version that is wrapped in cucumber. These Gunkan Maki Sushi bite rolls make the nicest appetizers ever, they are just perfect for entertaining.

**Yields:** 15-20 Cucumber Wrapped Sushi **Ingredients:** 3-4 cups sushi rice 2 Japanese or Persian cucumbers For Toppings: 4 Tbsp. salmon roe 4 oz Sashimi grade tuna 4 oz Sashimi grade salmon 10 shrimp (amaebi) 4 oz Sashimi grade yellowtail For Garnish: 1 scallion 10 shiso leaves Daikon radish sprouts 1 lemon Special Tool: 1 round cookie cutter (1to 2 inch in diameter) **Method of Preparation:**

1. Take the cucumbers and slice them into long thin strips with a peeler.
2. Get a nice serving platter and arrange the shiso leave on it.
3. Moisten the cookie cutter by rubbing it with a moist towel and place it over the first shiso leaf.
4. Use a spoon and fill the cookie cutter half way with sushi rice gently remove the cutter off the rice. (Do this on top of all the shiso leaves)
5. Take 1 of the sushi rice shaped cylinders and roll it over one slice of cucumber to be able to measure the cut of the cucumber slice (it must have the size of the circumference of the rice).
6. Once the cucumber is the correct length make two slits on each side of the cucumber so you can interlock the cucumber strip around the rice. (Make 1 at the top left start of the slice  $\frac{3}{4}$  down the side and one on the bottom right of the end of the cucumber  $\frac{3}{4}$  up the slice)
7. Wrap each rice cylinder with cucumber and top each one with the topping options.
8. For the tuna topping: Finely dice the tuna and marinate it with sesame oil and soy sauce, then place it as a topping.
9. When you are topping with the shrimp, place a couple pieces from the outer edge into the center so it can look like a flower.
10. Decorate each topping as desired and garnish with radish sprouts and lemon. Serve as soon as you are finished preparing.

# Chumaki Smoked Salmon

Chumaki usually contains 2 or 3 ingredients and is thicker or bigger than the Hosomaki roll. The term chumaki is not often heard of in the US or mentioned a lot on the internet, although it is one of the most popular rolls and is made thousands of times a day in sushi bars all across America.

**Yields:** 4 rolls **Ingredients:** 4 Nori sheets 4 cups of sushi rice 4 oz of smoked salmon 2 green onions (minced finely) 1 carrot lightly steamed cut into long thin slices Wasabi Spicy mayonnaise **Method of Preparation:**

1. Place the Nori sheet on the bamboo mat shiny side down
2. Spread 1 cup of sushi rice evenly over the entire sheet leave a 2 inch strip bare on the side that is farthest from you.
3. Spread a thin line of wasabi across the center of the rice.
4. Place a row over the wasabi line with the strips of carrot.
5. Lay a row of salmon on the side of the carrot. Then sprinkle the green onion over the carrot and salmon.
6. Lift the edge of the bamboo mat that is closest to you with your thumbs while you secure the fillings with your other fingers and start rolling.
7. Continue to roll until you have reached the part of the Nori sheet without rice now roll the rice-less part and hold the roll for a little while gripping your hand up and down the roll to allow the roll to seal.
8. Remove bamboo mat
9. Slice the roll with sharp knife
10. Garnish with spicy mayonnaise and serve

# Chumaki Unagi Roll

The word for freshwater eel (not saltwater eel) in Japanese is Unagi. Unagi is a very common ingredient in Japanese cuisine so it is very natural to find it in sushi rolls. Believe it or not if you are not really a fish eater one good way to start introducing your way to fish is with Unagi, usually it has a teriyaki flavor or a subtle fish flavor and is quite tasty. This chumaki unagi roll is delicious and simple to make so enjoy.

**Yields:** 1 roll or 6 to 8 slices **Ingredients:** 4 ounces Unagi (broiled) 1 full Nori sheet ½ oz of Kaiware (daikon sprouts) 1 teaspoon sesame seeds 1 oz cucumber (cut julienne) Gari (pickled ginger as desired) Wasabi (Japanese horseradish as desired) Soy sauce as desired For the sushi sauce: 1 oz of sea kelp 1 tablespoon salt 3 tablespoons sugar 1 cup rice vinegar For the Unagi Glaze: 1oz sugar 4 oz sake 1 oz water ½ oz of soy sauce 4 oz mirin **Method of Preparation:**

1. Take a bamboo rolling mat and place the sheet of Nori on it with the rough side facing upward.
2. Spread the whole sheet with rice leave about 7/8-inch at far end without rice, (dampen your fingers and use them to gently press the rice into places without mashing it)
3. Spread sesame seeds all over the rice.
4. Then the place the Unagi, kaiware, sprouts and cucumber, across at the beginning part of the Nori sheet (the side closest to you).
5. Start rolling from the closest side to you and roll away from you, carefully go rolling and tucking until you reach the end of the roll.
6. Hold/ compress the roll firmly to help seal it together.
7. Slice the Unagi roll into 12 even slices.
8. To make the Sushi sauce: Take all the ingredients for the glaze pour them in a small sauce pan and cook them over low heat until the sugar dissolves completely
9. To make the Unagi glaze: Simple combine all the ingredients together and mix them well.
10. To serve: Place the slices on a nice serving plate and garnish with pickled ginger and wasabi on the side the sushi sauce and decorate the plate with the Unagi glaze.

# Chumaki Mackerel

What makes the dishes of Japan quite distinct is that they are light, healthy and fresh. Here is one great example of that the Chumaki Mackerel sushi. It goes great with a bit of fresh green beans on the side or fruit.

**Yields:** 1 sushi roll **Ingredients:** 1 smoked mackerel fillet, (boneless, skinless and flaked) 1 sheet nori 2 spring onions, chopped 1 tbsp light mayonnaise ¼ red pepper, sliced lengthways (thin slices) pea-sized blob wasabi ¾ cup of prepared sushi rice **Method of Preparation:**

1. Prepare your mackerel fillet by removing the bone and skin and flaking it and then place it in a bowl.
2. Lay the Nori seaweed sheet rough side up on your rolling mat.
3. Use damp hands to spread the rice over about 2/3 of the Nori sheet lengthwise.
4. Take your bowl of flaked mackerel and mix in the spring onions and the mayonnaise season as desired with a bit of black pepper.
5. Smudge a thin line of wasabi lengthwise across the rice.
6. Over the wasabi line arrange the mackerel mix in a row and beside that lay a row with the red peppers.
7. Roll up the sushi and then slice it with a sharp knife into 6 or 8 slices.

# Futomaki with Jap. Omelette & Shitake Mushrooms

Futomaki is the big fat roll of the maki roll lineup and contains 4 or more ingredients. Since this roll is much larger than chumaki rolls some find that it is trickier to roll. It is not like other sushi rolls that can be eaten in one bite; no matter what sushi protocol might say this roll may require more than one bite to eat, nevertheless they are delicious and very satisfying. Futomaki is a meal in itself.

**Yields:** 2 rolls **Ingredients:** For the mushrooms: 6 Shitake mushrooms ¼ cup shitake water ¼ cup of traditional dashi(if you want to make dashi mix ½ teaspoon of instant dashi powder and 1 cup of boiling water then from this use the amount indicated in the recipe) 2 tablespoons of Sake 1 ½ tablespoons of sugar 1 ½ tablespoons of soy sauce For Japanese omelet: 3 cups of Spinach 3 cups of water ½ teaspoon of salt 4 eggs 1 finely minced green onion 1/4 cup dashi 1 teaspoon of Sake 1 teaspoon of sugar Pinch of salt For the roll: 3 cups of prepared sushi rice 46 to 70 inches dried Kampyo Gourd Strips (16-24 inches per roll) you can also use gourd strips in a can Inari-sushi-no-moto (fried bean curd) bag already seasoned Sakura Denbu (seasoned ground codfish found in Japanese/Oriental grocery stores or markets) **Method of Preparation:**

1. To make the mushrooms: Place the dried shitake mushrooms in a small bowl and cover them with 1 cup of water, place a small plate (ex. tea cup plate) on the mushrooms to prevent them from floating. Cover and let them soak overnight or a minimum of 4 hours.
2. Take the soaked shitake mushroom and squeeze them out over the same small bowl they have been soaking in try to reserve as much shitake juice as possible.
3. Remove the stems off of the shitakes and slice them thinly then place them in a small pot.
4. Add the mushroom shitake juice (the water where they soaked), the sugar, the dashi and the sake.
5. Bring the mushroom mixture to a boil. As soon as it reaches boiling point reduce the heat to the lowest setting and simmer. Cook for around 8 minutes.
6. After 8 minutes add the soy sauce and cook 2 to 3 more minutes. (The mushrooms should be soft but still slightly firm).

7. Remove from pot and set aside for later.
8. To make the Japanese omelet: Put the 3 cups of water plus the  $\frac{1}{2}$  tablespoon of salt to boil; when it has started to boil add in the spinach and cook if for 1 to 2 minutes.
9. Remove from heat and drain with cool water to prevent it from cooking further. Drain again and squeeze out the excess water. Set aside
10. Beat the eggs, green onion, sake, sugar and a pinch of salt in a small bowl
11. Grease a tamago pan (it is rectangular) if you don't have one use a regular pan.
12. Place the pan over low heat (to prevent the eggs from burning during the making of the omelet)
13. Pour a thin layer of egg into the pan, move the pan around to cover the entire surface.
14. When the egg is about setting (2 to 3 minutes) fold  $\frac{1}{3}$  of the edge of the omelet over and away from you. Wait a few seconds and fold  $\frac{1}{3}$  more and then  $\frac{1}{3}$  more.
15. Once again pour in a thin layer of egg mixture to cover the  $\frac{2}{3}$ s of the pan that is bare.
16. When this part of egg is about setting, then fold the thicker omelet stack (the one that is farthest away from you) toward you in  $\frac{1}{3}$  increments until you get an omelet stack close to you. If do this process once more until the egg mixture finishes.
17. Place the Japanese omelet on a cutting board and slice the omelet stack across the width in thin slices of about  $\frac{1}{3}$  of an inch.
18. To start making the roll: lay a 8x7 Nori sheet on a bamboo sushi mat.
19. Measure  $1 \frac{1}{2}$  cup of rice and put it on the Nori to start spreading it across with your fingers. (Moisten your fingers in vinegar water: 1 cup of water with a  $\frac{1}{4}$  cup of rice vinegar).
20. Leave 1 inch of the 7 inch side without rice (the side farthest away from you)
21. Place the kampyo across the center of the rice place 3 strips.
22. Make to rows with the inari sushi (fried bean curd)
23. Add 2 rows of shitake mushrooms (one on each side of the center ingredients)
24. Spread a good row of spinach beside the shitake mushrooms (on the side farthest from you)
25. Add a row with the  $\frac{1}{2}$  of the strips of Japanese omelet

26. Make a row with denbu in between some of the other ingredients.  
(Use lots of denbu)
27. Start rolling (remember that Futomaki rolls can be tricky because of their many ingredients) simply lift the edge of the mat that is closest to you and start rolling you can use your fingers to hold to fillings in place. While you are rolling press gently on the mat to go securing things in place. Do this until the mat has reached the other last edge of rice; tighten once more and finish rolling until the part of the Nori without rice has been rolled under.
28. Hold the roll under the mat for a few seconds to seal the roll. Remove onto a cutting board.
29. Use a sashimi knife to cut the slices (wipe the knife on a damp towel so that it will not stick.)
30. Repeat the assembly process for the 2<sup>nd</sup> roll.

# Lofty Crawfish Roll: Futomaki

Here is a big futomaki roll that is stuffed with goodness. Usually you roll this roll vertically instead of horizontally that way you can stuff it up. It also probably has to be eaten in several bites, consider it a small price to pay for the pleasure of eating this fat roll. It is great to serve for lunch, instead of serving plain old crawfish umph it up and serve it as a Futomaki roll.

**Yields:** 8 rolls.

**Ingredients:** Spicy Mayo 1 Cucumber Seasoned Sushi Rice 1 Avocado 0.5 lb of Wild-Caught Alaskan King Salmon Half-cut Sheets of Nori Saran Wrap For Crawfish Salad: 1 tsp Tobiko (can replace with Masago) 12oz of Crawfish Tail Meat 1 tsp Shichimi Togarashi 1/3 cup Kewpie Mayonnaise 2 Tbsp Sri Racha

## **Method of Preparation:**

1. Start by preparing the crawfish salad: If the crawfish is packaged in water place it in a colander and wash it with room temperature water thoroughly to remove the strong smell and packaged taste it has.
2. Squeeze the crawfish meat in the colander while the water is running until the water turns clear.
3. Once the water comes out pale or clear squeeze out as much water as you can and place the crawfish into a mixing bowl.
4. Add the Tobiko (or Masago), the Shichimi Togarashi, Sri Racha and the Kewpie Mayonnaise to the mixing bowl with the crawfish. Mix everything together well until you have a thick and creamy mixture.
5. To prepare the roll: Lay half a sheet of Nori and over it spread out the sushi rice. Leave an inch of space at the top.
6. Put a row in the center of the rice of about 2cm in diameter of crawfish salad.
7. Cut the cucumber and the avocado in thin slices and add them on each side of the crawfish salad (it is best to add the avocado on the side that is closest to you to prevent it from smashing when you start rolling it up).
8. Roll up your Futomaki (moisten the top part of the Nori to help it stick better when you finish rolling it up).
9. Very carefully place the salmon slices over the roll place saran wrap on top and use the bamboo mat to gently press the salmon onto the roll. Remove saran and mat.

10. Use a very sharp knife and start slicing the roll into 6 pieces starting by the middle.
11. Squeeze some spicy mayo on top with a pinch of Tobiko and garnish with some tiny slices of green onion.

# Futomaki Japanese Special

Here is a roll that you are sure to find if you visit a Japanese Grandmother or traditional home cook.

The ingredients vary most of the time usually in futomaki the omelet egg is added. But here is a recipe without it that is still as traditional as you can get. It is easy to make and serves lots.

**Yields:** 32 serves **Ingredients:** 4 cups of prepared sushi rice 1 Japanese cucumber, sliced into strips that are about  $\frac{1}{4}$  inch 1 steamed carrot, sliced into strips that are about  $\frac{1}{4}$  inch 4 sheets of nori (dried seaweed) 1 Japanese fishcake, sliced into strips that are about  $\frac{1}{4}$  inch (can purchase at Oriental market or grocery) Soy sauce **Method of Preparation:**

1. Prepare a bowl of 2 cups of cool water with about 3 tablespoons of rice vinegar to moisten your hands and the sushi knife.
2. Place the Nori sheet over the mat and (with moistened fingers) spread 1 cup of sushi rice on top of the nori sheet evenly.
3. Top the rice in the middle lengthwise with cucumber, carrot and the fishcake slices.
4. Roll it all up pressing forward to make a cylinder shape.
5. Once finished press the mat and remove the sushi
6. Cut the roll into slices.
7. Serve with soy sauce

# Uramaki Fruit & Crab

It is said that the uramaki was created in Little Tokyo (Los Angeles) by a sushi chef named Machita Ichiro, in the restaurant where he work they were having difficulties obtaining fat belly tuna so he used avocado and other fruits that had similar consistency as the tuna. As sushi grew in popularity Machita started rolling the rolls inside out to disguise the seaweed sheets and make it more appealing, this is how the Californian roll was actually born. The uramaki is actually more popular out of Japan then in Japan. Here is a nice Japanese uramaki recipe for you to enjoy.

**Yields:** 8 rolls about 48 slices

## **Ingredients:**

3 cups of prepared sushi rice

4 Nori sheets (halved)

½ tablespoon of crème fraîche

5 oz of crab meat

Few lemon wedges

Pea size dollop of wasabi paste

2 green apples (cored and cut into long thin strips)

2 ripe mangoes (peeled cored and cut into long strips)

## **Method of Preparation:**

1. Take 2 bamboo sushi mats and cover or wrap them in cling film.
2. Prepare a bowl of cool water with a bit of rice vinegar to use while assembling the rolls.
3. Place half of a Nori sheet rough side up on the mat. Put around 3 heaped tablespoons of rice in the middle of the Nori sheet
4. Dip your hands in the bowl of vinegar water and tap them on a damp clean kitchen cloth.
5. Start spreading the rice over the sheet with your finger be gentle and do not mash the rice down roughly.
6. When you are done spreading an even layer of rice all over the Nori sheet then evenly sprinkle the sesame seeds all over the rice.
7. Take the 2<sup>nd</sup> bamboo mat that you wrapped with cling film and place it on top of the rice; carefully secure both mats with your hands and flip over so that the rice is now on top of the other bamboo mat,

remove the other mat, you should be faced with the shiny side of the Nori sheet now.

8. Prepare the mango and the apple (Squeeze lemon juice over the apple slices to prevent them from browning.)
9. To make the crabmeat: take a small mixing bowl and combine the crème fraîche, the wasabi and the crabmeat. Mix everything together well.
10. At about ½ and inch away from the start of the Nori sheet (the side nearest you) arrange a row of the crabmeat mixture then next to it lay the strips of mango and the thin slices of apple.
11. To start rolling hold the mat that is nearest to you with your thumbs and index fingers. You can use the rest of your fingers to secure the fillings in place.
12. Start rolling the mat forward and away from you; while you are rolling grip firmly but gently to shape and mold the roll well. If by any chance some ingredients fall out from the side gently push them back into the roll, (do not be too concerned if the sides are a bit messy they can be trimmed.)
13. If you like you can wrap the completed roll tightly in cling film if you feel it will make it easier for you to slice.
14. Use a very sharp knife preferably a sushi knife to cut the slices. To help cut even slices first cut the roll in half and then cut the halves in half. Every time that you cut a slice, clean the knife with a clean damp kitchen cloth.
15. If you place cling wrap on the roll remove it before serving. Place the slices of sushi on a nice serving plate with a few drops of wasabi, pickled ginger and soy sauce.

# Urumaki Spinach & Young Yellowtail

Although most popular American rolls are urumaki style here is a urumaki roll with Japanese flare. This roll is nice to serve if you want that Japanese feel at home or at a gathering or theme dinner party it's simple, tasty and delicious.

**Yields:** 2 rolls **Ingredients:** 1 sheet of sushi seaweed (cut in half) 1 cup cooked sushi rice 6 strips of yellowtail (cut into strips that are 3 ½ inches long and about ¼ of an inch thick) 1 thinly sliced small scallion ¾ cup Komatsuna (Japanese mustard spinach steamed) ½ lemon 1 teaspoon of soy sauce Masago (as desired) Eel sauce **Method of Preparation:**

1. Start by preparing the spinach steam it and cut the stems off put it in a bowl and add a teaspoon of soy sauce and a squeeze of lemon: toss to coat.
2. Place the halved seaweed sheet on a bamboo mat that has been covered with saran wrap.
3. Wet your hands in a bowl of rice vinegary water. Shake your hands so they are still moist and spread ½ cup of rice on the sheet leave ½ inch of the seaweed sheet uncovered at the end (lengthwise side away from you).
4. Sprinkle masago (as desired) over the rice.
5. Carefully turn the seaweed sheet so that the rice is downward and the seaweed sheet is upward.
6. Place a row lengthwise about ¼ of an inch from the start of the sheet (side nearest you) with 3 strips of yellowtail.
7. Beside the strips place half the steamed spinach in a row and over the yellow tail and spinach spread half of the thinly sliced scallops.
8. Roll up.
9. Once you have finished rolling squeeze the entire roll gently to secure everything in place. (Repeat process for the other roll)
10. Place the yellowtail sushi roll on a cutting board cut into slices. Dip the knife in the bowl you used to wet your hands before cutting each slice. Sprinkle eel sauce over and serve

# Temaki Spicy Tuna Roll

Here is the great thing about temaki rolls they are perfect for family lunches or night dinners. All you need to do is make sure your sushi rice is prepared and then add in your favorite sliced fish, or even meats and vegetables, season as desire and you are ready to go. Here is a lovely recipe to get you started with temaki rolls. (Remember temaki rolls should not be made and stored they need to be eaten as soon as they are made) **Yields:** 8 rolls **Ingredients:** 4 sheets of Nori 8 x 7 inch 2 cups of sushi rice Imitation wasabi or real wasabi 4 oz. Sashimi grade Tuna cut into cubes that are bout  $\frac{1}{4}$  of an inch or minced For the spicy tuna sauce: 2 Tbsp finely minced green onions 2 Tbsp Japanese Mayonnaise 2 Tbsp Sriracha Hot Chili Sauce 1 tsp hot sesame oil (rayu), or to taste **Method of Preparation:**

1. To make the spicy tuna sauce: take a small bowl and pour in the green onions, mayonnaise, hot sesame oil and the chili sauce (or Sriracha); stir until all ingredients are well combined.
2. Take the diced or minced sashimi grade tuna and add it into the spicy sauce. Mix until well combined cover with plastic wrap and store in the fridge until you are ready to assemble the hand rolls.
3. To make the temaki hand rolls: Take the 8x7 Nori sheet and fold it in half open and then cut over the folded line you should end up with a 4x 7 sheet.
4. Prepare a bowl with 1 cup of cool water and  $\frac{1}{4}$  cup of vinegar
5. Take a  $\frac{1}{4}$  measuring cup and dip it into the bowl to prevent the rice from sticking to it.
6. Then measure out  $\frac{1}{4}$  cup of rice.
7. Place the 4x4 Nori sheet rough side up in the palm of your hand and put the  $\frac{1}{4}$  cup of rice on it.
8. Dip the index finger of the hand that is not holding the Nori sheet in the vinegar water and use it to spread the rice over the sheet do not cover about 2 inches of the right edges.
9. If you want it spicier swipe a line of wasabi across the rice.
10. Place about a spoon of the spicy tuna in the center of the rice.
11. Pull the lower left corner of the nori sheet towards the top right corner roll it over to form a cone.
12. Once the cone is formed garnish as desired and eat.

# Temaki Salmon & Veggie Roll

Enjoy a nutrition packed temaki roll with this salmon and veggie roll. These rolls also look very appealing so they are good to serve as appetizers. You can set a nice tray with all the ingredients and go assembling the temaki cones for your friends or family or have them roll their own this is fun and perfect for interacting with others. And of course you are always free to play with the fillings placing fillings you prefer or having several options.

**Yields:** 4 Temaki Sushi **Ingredients:** 1 cup of cooked sushi rice 2 sheets of Nori 4 strips of sashimi grade salmon (about 3 1/2 inches long and 1/4 inch thick) 4 Shiso leaves Daikon radish sprouts 1 small cucumber (peeled, seeded cut in half and then into thin strips) **Method of Preparation:**

1. Start by cutting the Nori sheet in half
2. Place half of the Nori sheet lengthwise in the palm of your hand. (Shiny side down)
3. Spread 1/4 of the sushi rice starting at the left side of the sheet; spread it to about half of the Nori sheet.
4. Place 1 shiso leaf over the rice, then place 2 thin strips of cucumber on top of the leaf, then place a salmon strip on top and finally top everything with daikon radish sprouts.
5. Begin rolling by folding the left corner of the Nori over gently tuck corner and start rolling into a cone shape.
6. Put a small bit of rice about 3 grains at the bottom right corner to help stick the cone together.
7. Serve either with spicy mayo, ginger, wasabi or soy sauce.

# Temaki Creamy Crunchy Roll

Even if you can't be by the sea shore out on a beautiful terrace or enjoying an outdoor meal on a lovely sunny day, this creamy crunchy temaki roll will whisk you there with every bite.

This roll brings that special touch of deliciousness to whomever tastes it, and of course savoring it will make you close your eyes and think of happiness.

**Yields:** 6 to 8 rolls **Ingredients:** Roasted Nori seaweed (cut into pieces that are 5 x 8-inch in size) 3 cups of cooked sushi rice 1two ounce box of radish sprouts, (trim the ends off) Masago For the creamy filling: 4 oz bay scallops 4 oz shelled baby shrimps 1 tablespoon masago 6 tablespoons mayonnaise 1/2 teaspoon Sriracha sauce 1 teaspoon sugar 1/2 teaspoon lime juice **Method of**

## **Preparation:**

1. Start by making the creamy filling and preheat the oven to about 400 degrees F.
2. Take a small mixing bowl and mix the lime juice, mayonnaise, sugar, masago and Sriracha sauce; set aside.
3. Take the bay scallops and shelled baby shrimps and dry them by patting them with good quality paper towels, place them in a bowl and add in 1/2 of the spicy sauce, stir or toss to coat everything well.
4. Place the shrimp and scallop mixture into a baking dish and then pour in the remaining spicy sauce. Put it in the oven and bake it until top browns slightly this should take around 24 to 30 minutes. Remove from the oven and set it aside (allow it to come to room temperature).
5. Once the shrimp and scallops have cooled down to room temperature you can start assembling the temaki rolls.
6. Use a clean flat surface and place the Nori sheet lengthwise on it. Spoon out about 3 spoons of sushi rice and put it on the left part of the sheet (towards the center).
7. Wet your hand with some water and tap it on a moist towel or paper towel to prevent the rice from sticking to your fingers. Then spread the rice over the sheet (leave 1/2 an inch bare on the left side and 1/3 of the entire Nori sheet bare on the right side)
8. Spoon in the seafood mixture and over it place some radish sprouts arrange both the seafood and radish at a bit of an angle to help when forming the cone.
9. Start at the lower left corner and roll up the Nori into a cone shape. As

you roll make sure you secure and tuck the fillings well so you can have a nice cone sushi.

10. Sprinkle some masago on top of the cone temaki roll and if desired add some soy sauce or wasabi.

# Temaki Crab Roll

For those who enjoy crab sticks and sushi rice here is a good Temaki roll to try, if you like you can always switch the avocado for cream cheese or the scallion for green onion. This is the great thing about temaki rolls you can be creative and place filling you crave or know will go great together.

**Yields:** 4 hand rolls **Ingredients:** 1 cup of cooked sushi rice 2 sheets of Nori (cut into halves) 4 crab sticks (or 2 halved) ½ avocado (peeled, cored and thinly sliced) 1 scallion (thinly sliced long strips) Wasabi (as desired) Spicy Mayo of soy sauce **Method of Preparation:**

1. Take the Nori sheet and fold it then cut it in half.
2. There are 2 ways of rolling a temaki you can place the Nori sheet shiny side down on the palm of your hand or you can place it on a clean flat surface whatever is easier for you.
3. Wet your hands to moisten them and scoop out about ¼ cup of rice place it on the left side of the Nori sheet about 1 inch away from the edge.
4. Using moist (not wet) fingers spread the rice over the Nori sheet starting at the left side and spread sushi rice over 2/3 of the Nori sheet. ( do not cover top or bottom edges top leave about ¼ of an inch uncovered)
5. If desired swipe a very thin line of wasabi over the rice
6. Then place the filling on top of the rice a bit at an angle so that when you form the cone it the fillings go along with the rolling.
7. You can arrange the fillings as follows: avocado slices, scallion strips 1 crab stick (or half crab stick) a bit of spicy mayo or soy sauce.
8. Pick up the bottom left side of the Nori sheet and roll into a cone shape; serve.

**Nigiri-Sushi:**  
**Hand Pressed Sushi**

# Salmon Nigiri

Nigiri is sushi that is made by forming shapes with sushi rice and topping it with seafood or vegetables. This kind of sushi is very easy to make, nice to serve and pleasant to eat. Traditionally Nigiri sushi is presented in pairs as a sign of harmony or peace.

**Yields:** 4 Nigiri **Ingredients:** 4 ounces of cooked sushi rice 4 slices of sashimi salmon (sliced about  $\frac{1}{4}$  of an inch thick, 2 inches long and 1 inch wide.) Pea-sized portion of wasabi If desired sauce for dipping can use (soy, srirachi, eel, etc) 1 cup of water  $\frac{1}{4}$  cup of rice vinegar **Method of preparation:**

1. Take a bowl and pour in 1 cup of cool water and  $\frac{1}{4}$  cup of rice vinegar.
2. Put your hands in the bowl and wet them shake them off a bit and then grab 1 ounce of rice.
3. Shape the rice with your hands into a nice oval shape. (Remember this will be the base for you to lay the salmon on so the width of your oval should be around 1 inch wide and it should have a flat base. The top of course is oval shaped and the sides rounded.
4. Take 1 slice of salmon and smear a thin line of wasabi lengthwise across the middle it to help it stick more easily to the rice.
5. Now lay the slice on the rice (wasabi side on the rice).
6. It might be a good idea to hold the oval shaped sushi rice in your hand while placing the salmon slice on top to prevent some of the rice from slipping out or losing its shape.
7. Place the completed nigiri on a nice plate (repeat this process 3 times till you have 4 nigiri)
8. If desired on the side of the plate with the nigiri, place a small bowl with the dipping sauce of your preference.

# Vegetarian Nigiri

Who said nigiri was only for raw fish? Well now its time for the veggies to step in. Here is a savory vegetable nigiri that not only nutritious but also easy to make and fun to serve.

**Yields:** 8 to 10 nigiris **Ingredients:** 1 cup of sushi rice 1 large carrot 1 teaspoon fresh ginger (peeled and then grated) 10 strips of green onion (blanched)

Teriyaki sauce for dipping **Method of Preparation:**

1. Steam a peeled carrot with salty, vinegary water. Then slice it into thin long strips (you can also use a thick peeler to make the slices) season with a little salt and pepper.
2. Prepare some vinegar water in a bowl with about 2 cups of cool water and a splash of vinegar.
3. Dip your hands in this water to start making the nigiri.
4. Shape all the sushi rice into about 8 or 10 small clumps or balls. Every time you shape a ball be sure to wet your fingers in the vinegar water.
5. Smooth the clumps into more of a rectangular shape.
6. Take a slice of carrot, bend your finger and frame the carrot slice over your bent finger to mold the carrot into shape.
7. Place the molded rice into the shaped carrot slice.
8. Press the rice gently into the carrot using your index finger on one side and your thumb on the other to prevent the rice from spilling out.
9. Turn the nigiri over so that the carrot is on the top. Carefully Tie the carrot nigiri with the green onion strip and sprinkle a tad of ginger over it. (Repeat this process for all the nigiri pieces)
10. Serve with Teriyaki sauce

# Assorted Fish Nigiri

Serve up a tasty snack or appetizer with an assortment of Nigiri. You can duplicate this recipe and use any other fish you desire. So be creative and have fun knowing you have this good recipe as a base for you Nigiri creations **Yields:**

4 nigiris **Ingredients:** 2 boiled shrimp 2 tuna slices 4 oz of sushi rice 1/2 teaspoons of wasabi paste (for each nigiri piece) 2 cups of water 3 tablespoons of rice vinegar **Method of Preparation:**

1. Make sure the tuna and shrimp are cut into thin evenly cut slices; since they are the main point of presentation the slices must not be bumpy or thicker on one end and thinner on the other.
2. Use a bowl and pour in the 2 cups of water and 3 tablespoons of rice vinegar. Run your fingers through this water to start molding the rice.
3. Take a small amount of sushi rice (about 1 oz) mold it by rolling it and gently squeezing it into a log shape. (Mold 4 logs of rice)
4. Spread 1/2 teaspoon of the wasabi over every slice of fish and shrimp.
5. Place the slice of fish over your molded log shaped rice (the wasabi side goes on the rice).
6. Mold the fish slice and rice into one nice "log" (the lengthwise size should be about as big as the palm of your hand).
7. You may need to gently flip it from one hand to the other to make a nice firm shape.
8. Place the nigiris on a nice serving place and serve with any dipping sauce you wish to use.

# Elegant Tuna Nigiri

Want to serve up an elegant and different Nigiri as an appetizer or light snack? Here is the perfect recipe for it. It may be a little trickier to mold since it has 2 toppings instead of the traditional 1 topping used in nigiri but it is worth the try and the results are fabulous.

**Yields:** 4 nigiris **Ingredients:** 4 tuna slices 4 1/4 ounces of sushi rice wasabi paste 1/4 cup of finely minced green onion 4 thin strips of cucumber shaved with a vegetable peeler Freshly squeezed lemon or lime juice Vinegary water **Method of Preparation:**

1. Prepare the vinegary water by pouring some water in a bowl with a splash of vinegar.
2. Wet your hands in the vinegary water
3. Then take a palm full of rice and mold it into an egg shaped form (the bottom though should be flat so you can serve it on a plate with out it rolling over)
4. Once you have 4 egg shaped molds of rice take your slices of tuna and smear a thin line of wasabi over each slice.
5. Take the thin strips of cucumber and squeeze a bit of lemon juice over them (remember the cucumber strips must not be thicker in width or longer in length than your rice mold) take 1 strip and lay it over the molded rice.
6. Over this lay the slice of tuna with the wasabi side over the cucumber.
7. Gently mold the toppings into the rice (be careful not to smash or press to strongly because this could make rice bits smudge out)
8. Garnish the top of the nigiri with a sprinkle of minced green onions

**Inari -Sushi:**  
**Fried Pouch of Sushi**

# Inari Sushi Rice & Vegetables

Inari sushi is sushi rice that is formed into a ball and stuffed in seasoned Aburaage tofu pouches.

Aburaage or Inari-Age is tofu skin that is deep fried, it is very popular in Japan and used in several different ways in their everyday cooking. The texture of Inari-Age is slightly spongy and although it tastes quite sweet that sweetness complements the sushi rice really nicely. Here is a lovely Inari recipe that adds the special touch of fresh vegetables to the rice; enjoy.

**Yields:** 4 servings **Ingredients:** 1 medium carrot 3 ounces shiitake mushrooms 2 tablespoons sesame seeds, toasted 1/2 teaspoon dark sesame oil 2 teaspoons of salt 1/2 Kirby cucumber 1 teaspoon freshly squeezed lime juice 1 ounce Japanese yellow pickled daikon 1/4 teaspoon finely grated lime zest Ground sasho pepper (if desired) Daikon radish sprouts (if desired) Pickled ginger, wasabi, and soy sauce 12 prepared deep-fried tofu pockets (inari-age) 3 cups of prepared sushi rice **Method of Preparation:**

1. Peel the carrot and place the carrot and the mushrooms in a steamer, allow them to steam for about 6 minutes or until tender and not soggy.
2. Finely dice the carrot; stem and dice the mushrooms place them in a large bowl then add in 2 teaspoons of salt, sesame seeds and sesame oil and mix to combine everything well; set aside.
3. Peel the cucumber and remove the seeds then dice finely, dice the pickled daikon.
4. When the carrot and mushroom mixture are room temperature add in the diced pickled daikon and cucumber, the lime zest, lime juice and toss or mix to combine.
5. Take a rubber spatula and go adding the sushi rice; go folding it into the vegetable mixture without mashing it.
6. Place some water and a little splash of vinegar in a bowl and use this water to moisten your hands.
7. Use your hands to scoop out and shape 12 balls of rice place them on a tray
8. Take the tofu pockets and pat dry them with paper towels use a wooden spoon or your rubber spatula to help open them up.
9. Insert the rice balls into the tofu pockets and gently press the sides together.

10. If desired in the sides of the pockets you may stuff some bits of radish sprouts
11. Place the tofu on a nice serving platter and garnish by sprinkling a bit of sansho (Optional).
12. May serve with soy sauce, wasabi and pickled ginger.

# Inari Sushi: Sesame & Nori

Here is a nice inari recipe for you, because it is simple but offers a cool way to serve up inari. The secret to making it taste a tad special and different is the addition of the shiso leaf and seasoned Nori in the filling, try it as it really does vamp it up, you'll enjoy the inari this way and might just make it a regular every time you make inari.

**Yields:** 12 Inari Sushi **Ingredients:** 1 Tbsp. roasted white sesame seeds 3 cups of cooked sushi rice (1 cup per every 4 Inari Pockets) 12 Inari-Age (seasoned deep-fried tofu pockets) 12 shiso leaves The cooking liquid from Inari Age Sushi ginger (gari) for garnish 6 seasoned nori seaweed **Method of Preparation:**

1. Combine the sushi rice with the sesame seeds (use a rubber spatula or spoon to mix) make sure the sesame seeds are well incorporated into all the rice.
2. Open up the pockets of the Inari-Age so you can stuff in the rice. Cut the seasoned seaweed in short strips.
3. Moisten your hands with the Inari-Age liquid. Take the rice and form 12 small balls with the sushi rice (remember the balls have to fit nicely in the Inari-Age so don't make them too big).
4. Take a strip of nori and wrap around the sushi rice balls (do this with each rice ball).
5. Put the wrapped rice balls into the Inari-Age, then place the shiso leaf on top sprinkle some Kinshi Tamago or any other garnish you desire on top.
6. Use your finger to tuck in the edges so that the Inari-Age ends up with a nice round and smooth edge.
7. Serve with soy sauce and sushi ginger.

# Inari Sushi: Japanese Fast Food

Want a complete taste of Japanese cuisine on your table made quickly and easily? This Inari recipe will provide just that; granted you'll probably have to go to an Oriental or Japanese grocery store or market to purchase ingredients but once you have them you'll be set and have that authentic Japanese flavor served up in no time.

**Yields:** 12 serves **Ingredients:** 12 prepared deep-fried tofu pockets (inari-age) Kizami Nori (Shredded nori sheet) 2 ½ cups of cooked sushi rice Ikura (salmon roe) 1 packet Chirashi Sushi Mix (Preferably “Sushi Taro brand”) **Method of Preparation:**

1. Take your warm cooked sushi rice and add in the packet of Chirashi Sushi Mix (it must be added in when the rice is still hot or warm).
2. Do not mix it in because this can smudge the rice, instead fold in the mix using a rubber spatula or rice paddle. This helps separate the grains and fold in the mix.
3. Take your inari-age and open up the pockets.
4. Moisten your hands with water and roll 12 small clumps of your prepared sushi rice and place them inside the pockets.
5. Top them with a bit of Ikura (salmon roe) and garnish them with the shredded nori sheets. Serve immediately otherwise the shredded nori will wilt.

**Oshi -Sushi:**  
**Square Shaped Sushi**

# Oshi Sushi Mackerel

Oshi Sushi is sushi with different toppings that are usually pressed in a rectangular wooden box called 'oshibako'. It is said that Oshi Sushi originated in the region of Kansai in central Japan. In Japan, oshi sushi tends to reflect the lifestyle and produce of each locale. Here is one very popular oshi sushi made with Mackerel fish which is a really elegant looking sushi to serve.

**Yields:** 2-3 serves **Ingredients:** 1 Horse Mackerel Salt Sweet pickled ginger (sliced) to taste 5 Shiso leaves Sushi rice as needed Oshi Box Mold **Method of Preparation:**

1. Take the Mackerel horse fish and cut it in 3 pieces. It is important to remove all the bones (backbone too) and scute. If you don't know how to do this when you purchase the fish ask to have it cleaned.
2. Use some paper towels to pat the fish dry and then place the fish in a shallow dish at a slight angle cover both sides of the fish with salt and allow the fish to sit in the refrigerator for about 30 minutes. (You do this because after salting you can remove the skin of the fish easily with your hand, start with the head and work your way down)
3. Take your oshi box mold (you can frame it with plastic wrap if you like) and place the slices of skinned horse mackerel on the bottom then place the sushi rice over it and place some shiso leaves over the rice top the shiso leaves with a bit more rice and cover.
4. Cover and press the top
5. Flip over and slice with a very sharp knife

# Oshi-Sushi with Western Flare

Here is a show stopper for any occasion this smoked salmon Oshi-Sushi looks so pretty and taste lovely it is really worth the try. So prepare yourself to receive complements and just enjoy and savor the results.

**Yields:** 4 to 6 serves **Ingredients:** 10 slices of Smoked salmon 1 cup of cooked sushi rice 1 tablespoon of Grainy Dijon mustard 1 Cucumber 1 Egg 1/2 teaspoon of Sugar Pinch of salt Spicy Mayonnaise **Method of Preparation:**

1. Combine the cooked sushi rice and grainy Dijon mustard gently with a rice paddle.
2. Beat the egg add in the sugar and salt beat again and the cook the egg as a scrambled egg.
3. Pinch the scrambled egg so it is not bulky and fold it into the rice as you did with the Dijon mustards.
4. Take the cucumber and peel it leaving shades of green on it then slice it a vegetable peeler into long thin shavings.
5. Make sure the salmon is cut or sliced into widths that are similar to the widths of the cucumber strips.
6. Take a piece of plastic wrap and set it on a flat surface arrange the salmon strips and cucumber vertically in a horizontal row as follows: cucumber, then salmon, cucumber then salmon (make the row as long as the rectangular box mold (each strip should overlap the following strip at about ½ cm).
7. Carefully place the wrap with the cucumber and salmon arrangement into the mold (the strips should run up both sides lengthwise). Use your hands to frame the base and sides with the strips.
8. Spoon the rice mixture into the mold put the lid on the mold and press tight for a while
9. Carefully remove the sushi from the mold. You should be left with a great looking sushi
10. Use a very sharp knife to cut into pieces then carefully remove the plastic wrap off every slice.
11. Serve with pickled ginger and spicy mayo (optional)

# Oshi-Sushi Avocado Crab

If you are craving crab sushi and at the same time want to serve it up at an elegant or sophisticated gathering or for a special someone then this oshi-sushi avocado and crab is perfect for you.

This is the kind of thing you see served up at an expensive Japanese restaurant and now you can do it at home, however you must have the osbinako box frame as it really does affect the presentation of this recipe.

**Yields:** 2 boxed frame **Ingredients:** Small oshibako (7 inches long an about 1 ½ to 2 inches wide) 1 ½ cups of cooked Sushi rice 4 crab sticks (imitation crab meat sticks) 1 small avocado.

For Wasabi-Mayo Sauce: 2 tablespoons of Japanese Mayonnaise 1 teaspoon of imitation wasabi.

## Method of Preparation:

1. To make the wasabi mayo: take a small bowl and mix the a teaspoon of wasabi with 2 tablespoons of Japanese mayo. Cover and place in the fridge while you prepare the Oshi-Sushi.
2. To prepare the mold: Soak the box mold in vinegary water to prevent the sushi from sticking to it, then use a damp towel to dry it.
3. Take ½ a measuring cup and moisten it with vinegary water then measure out ½ a cup of rice and put it into the box mold. Spread it evenly and the press it down with the lid.
4. Take a teaspoon of wasabi mayo and spread it thinly across the sushi rice.
5. Peel core and slice the avocado in thin slices squeeze lemon juice over it to prevent it from browning.
6. Place a layer of avocado on top of the rice and wasabi mayo place the slices so that the dark green part of the avocado slices are facing out side so your sushi can look nicer.
7. Moisten a ¼ measuring cup and measure out ¼ cup of rice and evenly cover the avocado layer.
8. Halve the crab sticks then take half of crab stick and carefully open it so it stays a bit flat; lay the white side on the rice and leave the orange part on the top.
9. Take the top of your wooden box and use it to press down and

compress the Oshi-Sushi

10. Use a very sharp knife to slice the sushi; wipe the knife with a damp towel between each slice. (remove from wooden frame )
11. Garnish and serve as desire.

**Chirashi-Sushi:**  
**Bowl of Sushi**

# Chirashi-Sushi Traditional Mix

Chirashizushi is what they call sushi rice scattered in a serving bowl or plates that is topped with colorful looking toppings. This is a fancy way for Japanese to sometimes serve up their leftovers, but when done from scratch it is used at birthdays, festivals or even other special occasions. The nice thing about Chirashi is that you can always be creative and top the rice with whatever you like.

**Yields:** 4-6 servings **Ingredients:** ½ lb of sashimi/sushi-grade tuna slices 8 dried shiitake mushrooms 1 cucumber, (cut julienne) 2 oz imitation crab(diced or shredded) 2 Tbsp white sesame seeds 3 eggs 1 teaspoon of sugar 4 cups of prepared sushi rice For Sauce: Water from shiitake mushrooms 1 Tbsp soy sauce 1 tsp mirin 1 Tbsp sugar **Method of Preparation:**

1. Place the tuna slices to marinate in 2 tablespoons of soy sauce and add a tad of wasabi; set aside.
2. Remove stems from shiitake and slice thinly, hydrate in 2 cups of warm water, then save this water to add to the sauce.
3. To make the sauce: Re-heat 2/3 of the shiitake mushroom water in a medium pan, stir in the soy sauce, mirin, sugar then add in the shiitake mushrooms.
4. Allow it to simmer on low heat until the liquid dies down; remove from heat and set aside.
5. Beat the eggs in a bowl and season them with 1 teaspoon of sugar.
6. Take a medium sized skillet and place over medium heat grease it with oil and pour in a little of the beaten eggs and spread them around the skillet as if you were forming a thin crepe. Do this until the egg mixture has finished and you have several thin omelets.
7. Slice the thin sheets of omelet into thin long strips.
8. Place the sushi rice in a nice serving bowl or if you prefer individual bowls.
9. First spread the prepared shiitake mushrooms over the rice, then the cucumber, then the imitation crab meat and spread the egg strips all over, nicely place the sashimi tuna on the top and then sprinkle sesame seeds over everything.

# Chirashi-Sushi: Oriental Quick Fix

If you are short on time but want to eat Oriental style with your family or have some friends coming over and would like to spend less time in the kitchen you could try this quick oriental fix. Just head to a Japanese or Asian market before hand and make sure to acquire all the ingredients then enjoy this delicious oriental Chirashi Sushi in about 20 to 30 minutes maximum time. A healthy choice of oriental fast food served up right from the comfort of your home.

**Yields:** 2-3 serves **Ingredients:** 3 cups of Sushi rice Kinshi Tamago (Shredded egg crepe garnish) 1 packet Chirashi Sushi Mix (Choose the one you like best at the store) Handful of blanched snow peas Ikura (salmon roe) 3 Shiso leaves Daikon radish sprouts (as desired) Kizami Nori **Method of preparation:**

1. Take your bowl of prepared sushi rice and while the rice is still warm and mix in the packet of Chirashi Sushi Mix. Use a rice paddle and carefully fold it in do not smash the rice; make sure all is well combined.
2. Serve the rice into 2 or 3 nice bowls.
3. Over each bowl of rice place a shiso leaf, top that with a bit of Daikon radish sprouts.
4. Next garnish with the ikura, snow pea, KinshiTamago and s little spread of Kizami Nori.
5. Serve immediately.
6. If you want this to have meat you can always place a few strips of sashimi (tuna or salmon)
7. May splash eel or soy sauce over each bowl.
8. Serve immediately

# Chirashi: Home Style

Since Chirashi Sushi is often made to celebrate special events or occasion. If you want to serve an Oriental or Japanese meal in a potluck or luncheon this is a good option to serve, however it depending on the ingredients it must be served the same day it is prepared. Remember that there are no boundaries as to what toppings you place on your Chirashi-Sushi, it could be vegetarian or with sashimi grade fish or even western style. Here is a Japanese home style Chirashi for you to enjoy.

Yields: 2 serves

## **Ingredients:**

2 cups of prepared sushi rice ¼ cup bibinba sansai (Can purchase at an Oriental market, it is a prepared mix of carrots, soybean sprouts, mushrooms, and scallions) ¼ cup each of fresh (or smoked) tuna dices ¼ cup kanton sai ¼ cup of diced of fresh (or smoked) salmon 2 fresh shiso leaves 3 teaspoons of tobiko (flying fish roe) 1 umeboshi plum, pit removed, and chopped finely 2 quail eggs, hard-boiled peeled and cut in halves

## **Method of Preparation:**

1. Preferably use a nice shallow salad bowl and add the place the prepared sushi rice in it.
2. Carefully fold the bibinba sansei and kanton sai into the rice make sure all is well combined.
3. Then top the rice with the rest of the ingredients in whatever order you desire.
4. Serve as soon as you are done assembling. May serve with soy sauce, chili sauce or spicy mayo.

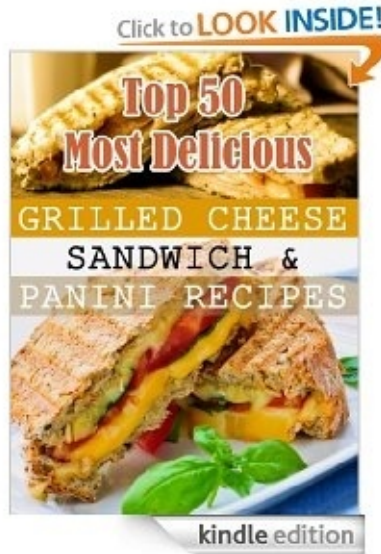
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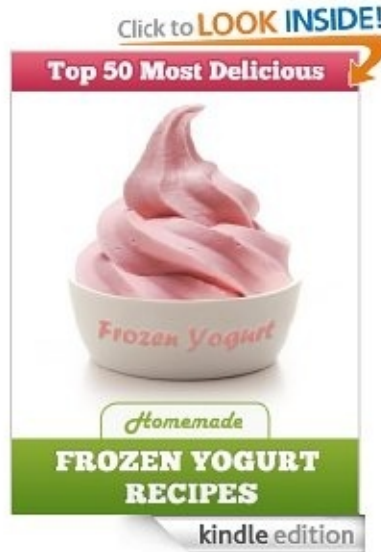
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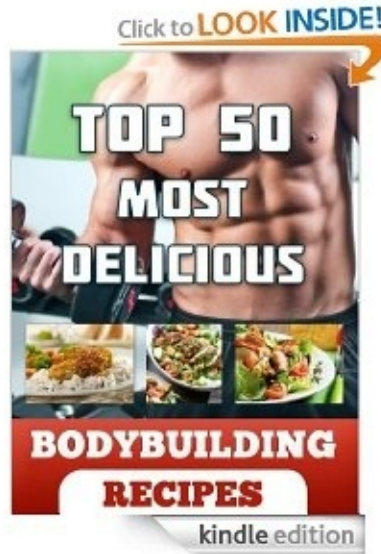
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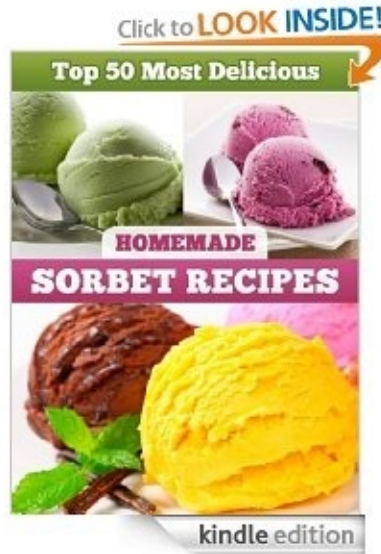
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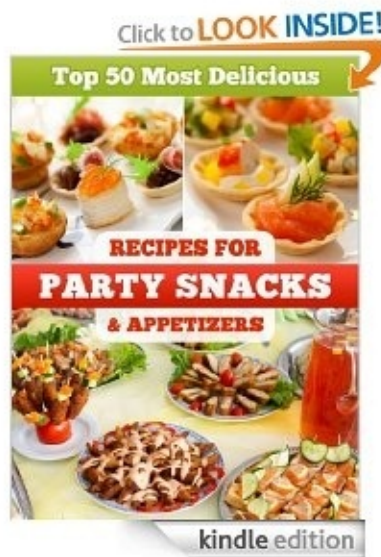
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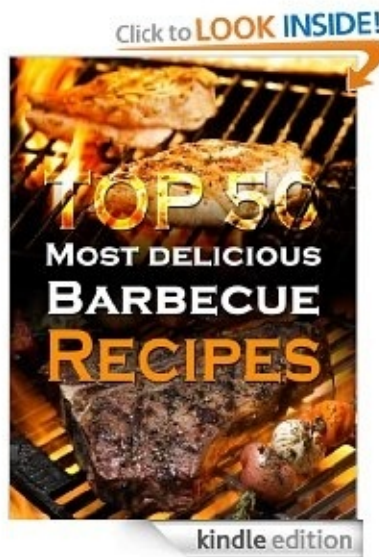
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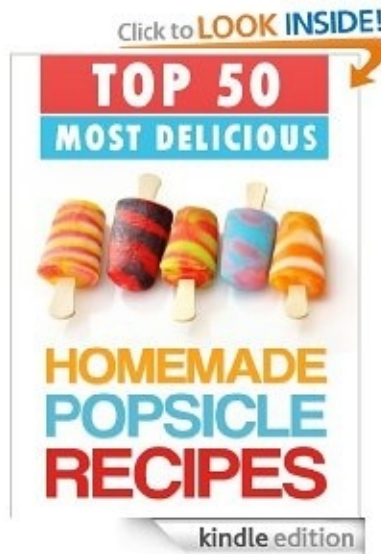
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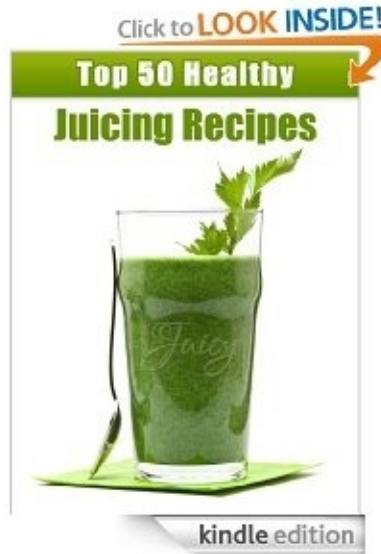
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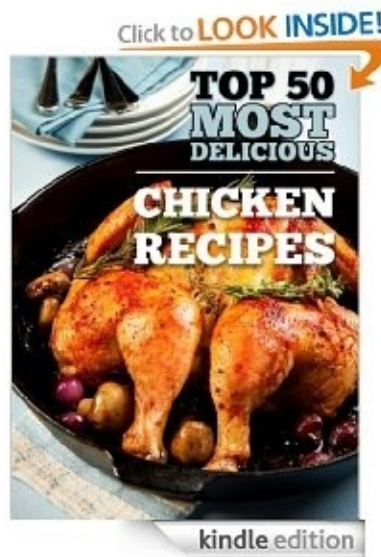
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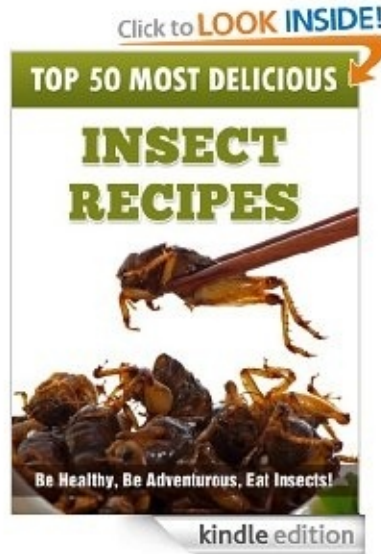
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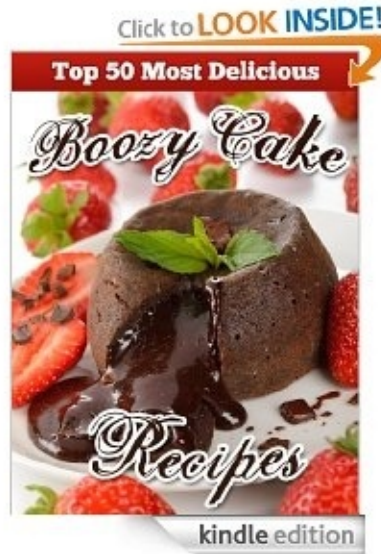
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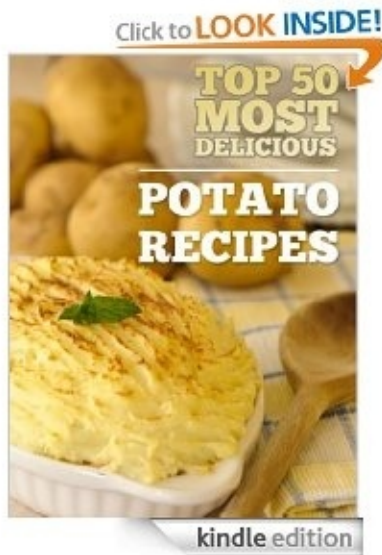
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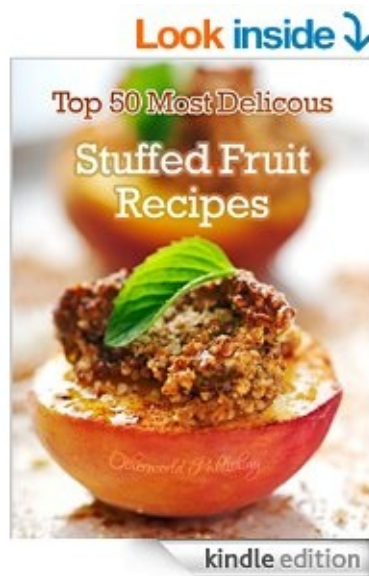
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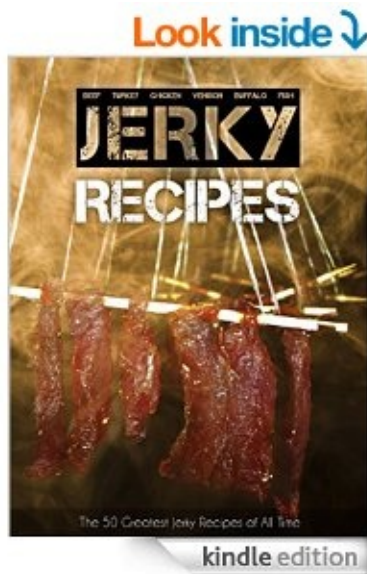
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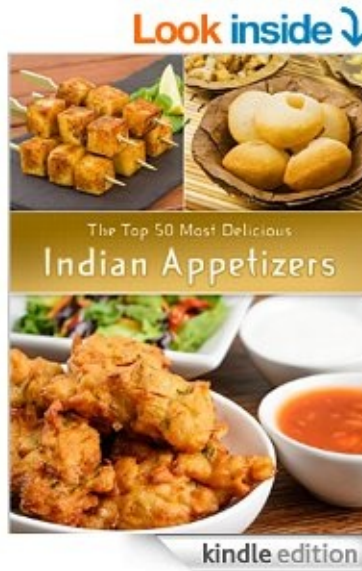
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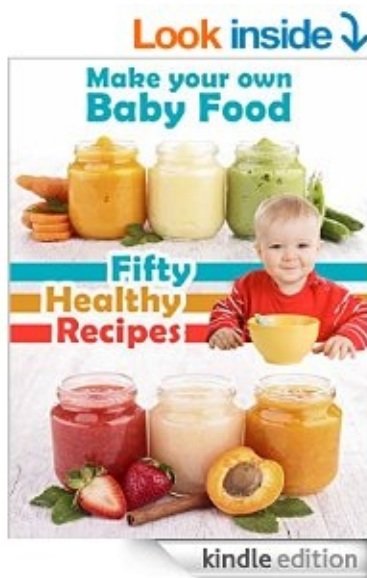
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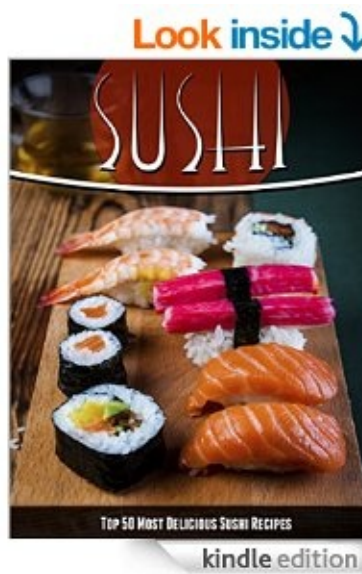
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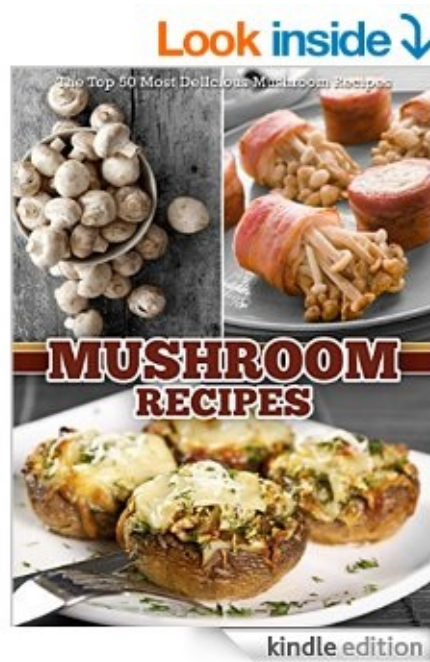
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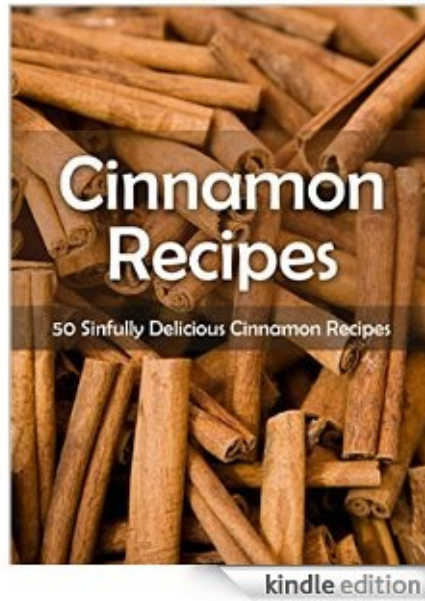
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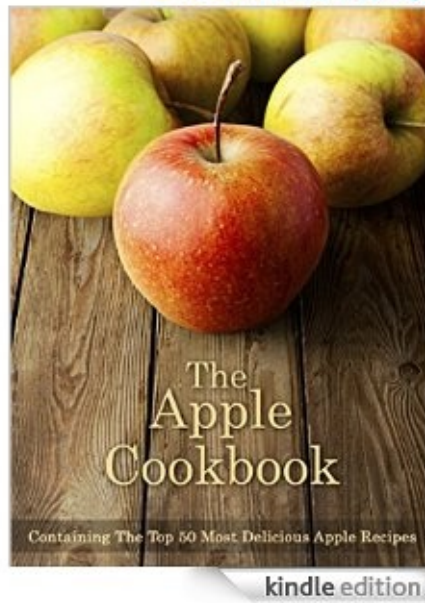
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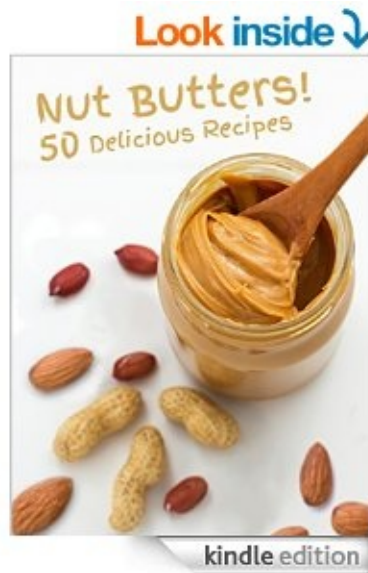


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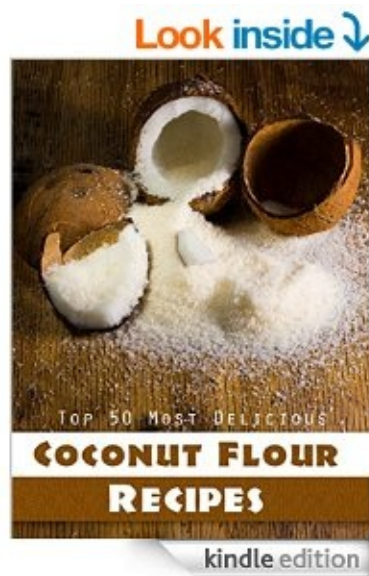
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