

Vegetarian/Sushi



From the kitchen of David and Jennifer Deaven

1. Combine (A) in saucepan or rice cooker and bring to boil. Simmer 20 minutes or so until rice is completely cooked. Set aside to cool (overnight or outside in winter).
 2. Slice (B) into long thin strips no more than 5mm in cross section.
 3. Combine (C) in small bowl.
 4. Lay out a sheet of (D) on a bamboo mat. Spread enough of (A) over the lower 5/6 of the sheet's area, in a layer about 2-3 grains thick.
 5. Lay out vegetables on rice, wet fingers in (C) and wet the upper 1/6 of the exposed nori sheet. Roll into a long roll, and use the bamboo mat to clench it tightly for 5-10 seconds. Repeat for remaining rolls.
 6. Slice the rolls into disks about 2cm thick and arrange on platter. Serve with (E).
- Servings: 6
- §Id: sushi,v 1.4 2025/03/02 18:10:19 deaven Exp \$

A: 4C fancy Japanese rice

4C water

5T rice vinegar

1/4C sugar

1t salt

B: 1 red pepper

3 green onions

1 ripe avocado

2 stalks celery

3 carrots

C: 1/2C water

2T rice vinegar

2t salt

D: 5-6 sheets Nori (dried seaweed)

E: Sweet pickled ginger (Japanese pink variety)

Wasabi (Japanese green horse radish)

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