Vegetable Sushi

Sushi Rice:
3 lb. 2 oz. Short grain sushi rice
1 3/4 c. 2 tsp. White vinegar
2/3 c. Granulated sugar
3 quarts 2 1/3 c. Water
1 3/4 tsp. Salt

Vegetable Sushi:
24, 3/4 oz. portions (18 oz. total) Sushi rice
3 Seaweed wraps
1/2 tsp. Wasabi paste
1 1/2 tsp. Carrots, trimmed, peeled
1 1/2 tsp. Celery stalks, trimmed
1 1/2 tsp. Red radishes, cleaned, shredded
1 1/2 tsp. Cucumbers, washed, peeled
2 T. 1 1/4 tsp. Sesame seeds
1 1/2 tsp. Avocado, peeled, cut in half to remove pit
1 1/2 tsp. Green onion
1 pinch Pickled ginger

METHOD OF PREPARATION:

Sushi Rice:
1. In a 6 quart pot, add rice and water, cover, bring to a boil, then simmer until rice is tender but not mushy, about 20 minutes.
2. Mix the vinegar, sugar, and salt together in a bowl, sprinkle and stir into rice.
3. Chill in refrigerator until use. For best results make sushi rice one day ahead.

Vegetable Sushi:
1. Prepare sushi rice. Wash and cut vegetables into thin strips as long as possible. Leave the green onions whole, just wash, but don’t use the white part of the green onions.
2. Lay one seaweed sheet on the bamboo mat. Spread 1/8 tsp. of wasabi paste along one edge on the long side. Don’t over do it as it is very spicy.
3. Spread a thin layer (6 oz.) of sushi rice on the seaweed leaving the top 2 inches of seaweed uncovered. Use plastic gloves and dip your fingers in water occasionally to keep the rice from sticking to the gloves and make it easier to roll the sushi. The roll should be about 1 1/2 inches in diameter.
4. Wet the 2 inches of uncovered seaweed with a little water to ensure that it will stick together when rolled.
5. Lay the sliced vegetables across the center of the rice from one end to the other. You may choose different vegetable combinations for each roll. Note: Sushi can also be made with tuna, crab, or fruit.
6. Using the bamboo mat as a guide, roll the sushi into a cylinder shape pressing together tightly, then remove the bamboo mat.
7. Sushi can be rolled up by only putting the prepared vegetables inside the seaweed wrap then rolling up, followed by a layer of rice rolled around the seaweed wrap. After, roll in sesame seeds before cutting into the 8 portions.
8. Cut the cylinder shaped sushi into 8 pieces and serve.
9. The bamboo roller should be wrapped in plastic wrap at all times so as not to contaminate the bamboo.
10. The pickled ginger is to be served on the side as it is used to cleanse the palate between the different types of sushi. You may also offer wasabi paste as a condiment for sushi.

SERVES: 24 portions

NUTRITION: 60 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 20 mg Sodium, 13 g Carbohydrate, 0 g Dietary Fiber, 1 g Protein

ALLERGENS: None