

VEGETABLE SUSHI (MAKI STYLE)

Ingredients	Equipment
<ul style="list-style-type: none">• 2 cups of water• 1 cup of <u>sushi</u> rice• ½ tsp salt• 3 tsp unseasoned rice vinegar• 1 tsp sugar• 4 8-by-7½-inch sheets nori• 1 avocado sliced thin• 1 carrot, peeled and cut into 2-inch-long matchsticks• ½ cucumber, peeled, seeded and cut into 2-inch-long matchsticks <p><u>For serving</u></p> <ul style="list-style-type: none">• soy sauce• wasabi• pickled ginger	<ul style="list-style-type: none">• liquid measuring cup• dry measuring cup• measuring spoons• small sauce pan with lid• rubber spatula or rice paddle• medium sized bowl to hold water• sushi mat• plastic wrap• vegetable peeler• sharp chef knife• small pyrex glass dish• chopsticks

Serves 4

Instructions:

- ☐ 1. Bring water, rice and salt to boil in a small saucepan over medium-high heat. Reduce heat to low, cover and simmer until rice is tender and water is fully absorbed, about 20 minutes. Alternatively, you can prepare the rice in a rice cooker.
- ☐ 2. Stir in vinegar and sugar into rice and let mixture cool to room temperature, about 20 minutes.

Note: *For this class, the teacher will prepare the rice*
- ☐ 3. Prep vegetables by peeling carrots and cucumbers and cutting into small julienne. If eating the next day, place the carrot and cucumber in water and refrigerate.
- ☐ 4. The day of, prepare the avocado by cutting around the center of the avocado with a butter knife, using a spoon to scoop out the pit and slice thinly using a butter knife. Use a spoon to remove all the slices from the skin and place on a cutting board.
- ☐ 5. Drain vegetables and place on a paper towel on a cutting board.
- ☐ 6. Place nori sheet on white sushi mat. Dip rice paddle in water, spread half-cooled rice evenly over each nori sheet. Add avocado slices horizontally over

rice, leaving 1-inch border between bottom of nori sheet and avocado. Then layer carrot matchsticks and cucumber matchsticks over avocado.

- 7. Fold bottom edge of the nori sheet up and over vegetable filling, then continue to roll tightly into cylinder, adjusting the mat as needed. Place roll seam side down
- 6. Use a sharp knife and wet as needed to prevent sticking. Cut each roll into 10 bites about ¾-inch wide.
- 7. Repeat with other rolls
- 8. Serve with soy sauce for dipping and an optional dollop of wasabi. Ginger can be served on the side. Can be stored whole for up to 24-hours, and cut right before serving.

Note: Also excellent served with imitation crab sliced into match sticks.