

Vegetarian Sushi - from birthday dinner w/Skai

Brown Rice, short grain, cooked and cooled

- to the rice, add a little
- Rice Wine Vinegar
- Sugar dissolved in water

Nori Sushi Seaweed Pappers

Vegetable Fillings:

- Cucumber (peeled, seeded, slivered)
- Carrot (sliver sticks)
- Avocado !
- Red Bell Pepper
- Sunflower Sprouts
- Scallion
- Shitake Mushroom (sauteed lightly)

Gomasio

Pickled Ginger

Wasabi

Tamari

Chop sticks!

Method:

Mash the rice across the end area of a nori sheet (not at the very end, but towards the end).

Add your combination of fillings of choice.

Roll until there's an inch or so left to roll.

Wet the final edge of the seaweed with water so it is sticky and finish rolling so it glues to itself.

Slice with a good knife and enjoy with the wasabi and tamari

And if you want to make Sushi Rice:

Cook 2 cups Nishiki or Botan Calrose Rice as package directs.

Turn cooked rice into large, non-metal bowl, separating kernels.

Pour 1/2 cup Marukan Seasoned Rice Vinegar

(or 1/3 cup Marukan Rice Vinegar mixed with 3 tbsp. sugar and 1-1/2 tsp. salt)

evenly over rice; gently fold to continue.

Let rice cool to room temperature.