



Sushi Class Equipment and Ingredient List

**** PLEASE START THE RICE AT LEAST 30 MINUTES BEFORE THE START OF CLASS****

Ingredients

1 each - cucumber, persian or ½ hot house english
1 each - avocado, ripe
1 each - bell pepper, red or any color
1 each - carrot, small
2 Tbsp - pickled ginger (optional)

2- 4 oz - crab meat, smoked salmon, or sashimi grade raw fish - (optional)

3 cups - short grain rice, brown or white
6-8 sheets - nori sheets
4 Tbsp - pumpkin seeds (optional)
1 cup - sweet rice flour (see pix - 2 options)
⅓ cup - all purpose flour
4 Tbsp - soy sauce or tamari
1 tsp - wasabi (optional)
3 Tbsp - rice vinegar
½ tbsp - sugar
½ cup - brown sugar
1 tsp - cinnamon
½ tsp - baking power
Salt and Black Pepper

Equipment

1 - pot for rice cooking or rice cooker (premake!)
1 - 10-12" skillet
1 - small skillet to press the pancake (see picture)
1 - bowl large (to stir and season rice)
1 - large spoon (wood or plastic)
2 - mixing bowls - various sizes
1 - knife
1 - cutting board
1 each - sushi mat roller (see picture) (optional)
4 - plates for eating
1 - measuring cups
1 - spatula
1 - plate for mise en place





Rainbow Sushi and California Roll

SERVES: 4

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein, All in for Whole Grains

Rice

- 6 cups **water**
- 3 cup **short grain brown rice**
- 3 tablespoons **rice wine vinegar**
- ½ tsp salt

Sushi

- ½ long **cucumber**, sliced into matchsticks
- 1 ripe **avocado**, peeled and sliced thinly
- 1 red **bell pepper** sliced into matchsticks.
- 1 small **carrot**, sliced into matchsticks
- 4 oz crab meat or smoked salmon or sashimi grade raw fish
- 6-8 sheets **nori** (dried seaweed)

For Serving

- **Soy sauce**
- **Pickled ginger** (optional)
- **Wasabi** (optional)

Substitution and variations

- White short grain rice works well too. Brown or white, it **MUST** be short grain rice for to make sushi.
- Try inside-out rolls with the rice on the outside by flipping the nori - on to a piece of cling wrap - after the rice is spread

Something to Chew On

- If using raw fish, make sure it's super fresh and sashimi grade and purchased from a trusted vendors. Keep in cold!
- Tofu is a great plant protein option. Get the smoked variety or FIRM
- Is seaweed nutritious?
- What is wasabi?
- What country did sushi originate in?

Rice

- Rinse rice and drain through a fine mesh sieve. Add rice to pot with water and cover. Bring to a boil (you will see steam escaping under the lid) and then lower the heat to the lowest simmer for 40 minutes. After 40 minutes, remove from heat and **KEEP** it covered for 10 more minutes; this will continue to cook the rice with the steam.
- Transfer cooked rice to a bowl and set aside until cool enough to handle but not longer than 1 hour.
- Mix **vinegar** and **salt** to the cooked **rice**

Sushi

- Cut your veggies into long, thin strips, matchstick size.
- Cut a sheet of **nori** in quarters and place on a cutting board.
- Spread ¼ to ½ cup **rice** on the nori to the edges of the **nori** sheet.
- Arrange a row of veggies at the bottom of the rice closest to you.
- Roll the **nori** and vegetables tightly away from you, compressing the filling ingredients as you go with gentle pressure. Continue until you have a tight cylinder.
- Cut the roll into 1.5 inch slices and serve with **pickled ginger**, **soy sauce** and a dab of **wasabi**.



Korean Sweet Pancakes

MAKES: 4
Indulgent Recipe

Dough

- 1 cup sweet rice flour
- 1/3 cup all purpose flour
- 1/2 Tbsp sugar
- 1/2 tsp baking powder
- 1/2 cup to 3/4 up hot tap water

Filling

- 1/4 cup brown sugar
- 1 tsp cinnamon
- 4 Tbsp pumpkin seeds, toasted (optional)

Oil for pan frying

Substitution and variations

- Add any nuts or seeds
- Add jams for different flavor profile

Something to Chew On

- Desserts are indulgences and should be eaten in moderation

DOUGH

- Mix all the dry ingredients together and stir in 1/2 cup hot water with a spoon.
- If dry, add 1tbsp at a time until tender dough forms.
- Knead dough a few minutes and let it rest, cover until ready to cook.

Filling

- Toast pumpkin seeds and chop up. Mix filling ingredients together.

Assembly and Cooking

- Remove about a golf ball size of dough with oiled hands. This recipe will make 4 pancakes!
- Roll into balls and flatten, place filling in the middle, about 1 TBSP
- Gently seal the filling and flatten.
- Place into hot pan, drizzle oil. When hot, add the pancakes and pan fry one side.
- Turn over, then gently press with a small flat bottomed pan.
- Cook until both sides are golden brown, flipping over occasionally. Add more oil as needed.
- Do not eat right away! The filling is molten! Cool slightly before enjoying.