

Perfect Sushi Rice

YIELD 4 cups rice (5-6 full rolls)

Ingredients:

- 2 cups sushi rice
- 2 cups water
- 4 tablespoons rice vinegar
- 3 tablespoons sugar
- 2 teaspoons salt
- 2 tablespoons mirin

Directions

1. Rinse the rice only 3-5 times. The water does NOT have to run clear.
2. Place rice to drain in a strainer.
3. Drain well.
4. While rice is draining, combine vinegar, sugar, salt and mirin together in a bowl and mix well.
5. Add rice and water to a pot.
6. Bring quickly to a boil and then reduce to a simmer.
7. Cover the pot and DON'T touch it until the end, NO PEEKING.
8. Cook for 15 minutes before removing the pot from the heat but keep the lid CLOSED.
9. Let rice rest for 10 min and then remove the cover.
10. Place in a glass dish to cool and lightly fan the rice while adding the vinegar mixture.
11. Mix rice gently, careful not to break it.

Salmon and Tuna Sushi Roll (Full sheet nori)

Ingredients:

- 5 sheets nori
- 2 cups sushi rice, recipe follows
- 2 ounces sushi-grade tuna, cut into 1/4 by 1/2 by 3-inch strips
- 2 ounces smoked salmon, cut into 1/4 by 1/2 by 3-inch strips
- 1 hot house cucumber, julienne
- 1 carrot, peeled and julienne
- 1/2 avocado, thinly sliced
- 4 oz cream cheese cut into strips

Directions:

1. Place a nori sheet lengthwise on a bamboo rolling mat, shiny-side down. Position the sheet about 1-inch from the edge of the mat closest to you and leave some of the bamboo mat exposed on either side of the nori sheet.
2. Wet your hands in cool water and take a handful of sushi rice.
3. Place the rice in the center of the nori and use your fingers to spread the rice evenly over the nori. Be sure to leave a 3/4-inch strip of nori uncovered on the far side.
4. Place tuna strips and some julienne vegetable, cucumber or avocado, and cream cheese along the center of the rice.
5. Squeeze a thin straight line of sushi sauce across the fish
6. Be careful not to overfill the nori.
7. Place your fingertips over the fillings to hold them in place. Then, use your thumbs to lift up the edge of the bamboo rolling mat closest to you.
8. Begin rolling the mat away from you, while applying pressure to the fillings to keep the roll firm.
9. Roll the mat over slowly until it covers the rice and the near and far sides of rice join, still leaving the 3/4-inch strip of nori, rice-free, exposed. While holding the bamboo mat in position, apply pressure to the roll with your fingers to make the roll firm.
10. Slice the roll in half, then cut both rolls twice to make 6 equal sized pieces.



Vegan Ramen

Amazing, 10-ingredient vegan ramen made with 1-pot mushroom broth, crispy tofu, and miso-roasted vegetables. A hearty, satisfying, and delicious plant-based meal.

PREP TIME 30 minutes

COOK TIME 2 hours 30 minutes

TOTAL TIME 3 hours

Servings: 4

Ingredients

RAMEN

- 1 Tbsp grape seed oil
- 5 cloves garlic, chopped
- 1 3-inch piece ginger peeled and diced
- 1 medium yellow onion chopped
- 6 cups vegetable stock store bought
- 2 Tbsp tamari or soy sauce plus more to taste
- 1/2 ounce shiitake mushrooms
- 1 Tbsp white or yellow miso paste (ensure vegan friendliness on package).
- 1 tsp sesame oil
- 8 ounces ramen noodles (ensure gluten-free and vegan-friendliness on package).

TOPPINGS *optional*

- 1/2 cup sliced green onion (for garnish)
- 10 ounces extra-firm tofu (flash fried)
- Carrots julienne and blanched
- Sautéed baby bok choy
- Other toppings as desired
- Chili garlic sauce

Instructions

1. Heat a large pot over medium-high heat.
2. Once hot, add oil, garlic, ginger, and onion. Sauté, stirring occasionally for 5-8 minutes or until the onion has developed a slight sear.
3. Add 1 cup of the vegetable broth to deglaze the bottom of the pan.
4. Use a whisk to scrape up any bits that may have stuck to the bottom to enhance the flavor of the broth.
5. Add remaining 5 cups vegetable broth, tamari or soy sauce, and mushrooms.
6. Bring to a simmer over medium heat, then reduce heat to low and cover.
7. Simmer on low for at least 1/2 hour stirring occasionally.
8. Taste broth and adjust seasonings as needed, adding more soy sauce or sesame oil if desired.
9. Add the miso paste at this time.
10. Prepare any desired toppings.
11. NOODLES: Fill a large saucepan or pot with water and bring to a boil. Once boiling, add ramen noodles and cook according to package instructions – about 4-5 minutes. Drain and set aside.
12. To serve, divide ramen noodles between four serving bowls.
13. Add toppings, such as carrots, bok choy, green onion, seared tofu.
14. Serve with chili garlic sauce or hot sauce if desired.
15. Best when fresh, though the broth can be stored (separately) in the refrigerator for up to 5 days and in the freezer for up to 1 month.

Equipment needed:

Sushi rolling mat

Sauce pans

Mixing bowls

Whisk

Spatula

Rice cooker if available

Large sauce pot with lid

Chop sticks

Plateware

Knife

Cutting board