

## Sushi Rice

Makes about 2 1/2 cups

*You can always find Konbu at Asian stores that carry Japanese ingredients although I was recently surprised to find that my local grocery store now carries it in the Asian ingredients section.*

1 1/2 cups sushi rice (rinsed under cold water)  
2 cups water  
1-inch square Konbu (kelp)  
1 1/2 tablespoons granulated sugar  
1 teaspoon salt  
2 tablespoons rice vinegar (unseasoned)

Combine the sushi rice and water in a medium saucepan. Wipe the konbu square with a damp cloth and place on top of the rice. Bring the mixture to a boil. Reduce the heat to medium-low and cover the saucepan. Steam the rice for 20 minutes. Remove the rice from the heat and let it sit, covered, for 5 minutes.

Meanwhile, in a small saucepan, heat the sugar, salt and rice vinegar over medium-low heat. Stir constantly until the sugar and salt dissolve. Sprinkle the seasoned vinegar over the cooked rice and use a paddle to toss the rice and vinegar together. Be careful not to smash the rice grains as you toss them. Spread the rice on a small baking sheet to allow the rice to quickly cool. Use as directed.

## Vegetable Sushi

Makes 8 sushi rolls

*This recipe details how to make sushi with the rice on the inside of the roll. If you prefer your rice on the outside of the roll, please see the notes for “How to Make Inside-Out Vegetable Rolls” following this recipe. When in season, blanched asparagus makes a nice addition to these rolls.*

1 recipe cooked and seasoned sushi rice (see above)  
1/2 hothouse or regular cucumber, peeled, seeded and cut into 1/4” strips  
2 green onions, julienned (cut into matchstick-sized pieces)  
1 carrot, peeled and julienned  
1/2 red bell pepper, julienned  
1/2 yellow bell pepper, julienned  
1/2 avocado, cut into 1/4” slices  
8 sheets of roasted Nori (seaweed paper)  
**Serve with:** soy dipping sauce (recipe follows), pickled ginger, and wasabi

Wrap a sushi mat in plastic wrap and place a small bowl of water seasoned with rice vinegar near you. Place a sheet of nori on the sushi mat and spread about 1/3 cup of the cooked rice over the wrapper leaving a 1/4-inch strip on the far edge of the wrapper clear of rice. The rice will be sticky and it may be helpful to dip your fingers in the bowl of water to prevent the rice from sticking to them. Place the vegetables you would like to use in your roll about 1-inch in from the nori edge closest to you. Using the mat and

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starting with the side nearest you, roll up the sushi to form a long roll. With your finger, dampen the edge of the nori that is free of rice and use it to seal the roll.

Set the finished roll on a cutting board and use a sharp knife to gently cut the sushi into bite-sized pieces. Serve with soy dipping sauce, wasabi, and pickled ginger.

## **How to Make Inside-Out Vegetable Rolls**

Wrap a sushi mat in plastic wrap and place a small bowl of water seasoned with rice vinegar near you. Place a piece of the halved nori on the sushi mat and completely cover it with about 1/3 cup of the cooked rice. The rice will be sticky and it may be helpful to dip your fingers in the bowl of water to prevent the rice from sticking to them. Once the nori has been coated with rice, gently flip the nori over so that the rice is touching the wrapped sushi mat.

Lay your selection of julienned vegetables about 1-inch in from the nori edge closest to you. Using the mat and starting with the side nearest you, roll up the sushi to form a long roll. Seal the sushi by gently pressing the remaining edge into the roll. Sprinkle the roll with toasted sesame seeds

### **Soy-Dipping Sauce**

1/4 cup soy sauce  
1 1/2 tablespoons unseasoned rice vinegar  
1 tablespoons thinly-sliced green onion  
1 teaspoon white sesame seeds, toasted

Combine the soy sauce, rice vinegar, green onion and toasted sesame seeds in a small bowl. Serve.

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