

### **Sushi Rice: Found a recipe for 4-5 rolls sushi**

3 Cups rice

3 ¼ - 3 ¾ cups water

1/3 cup rice vinegar

2 Tbsp sugar

1/2 Tbsp mirin

1 ½ tsp salt

**FUTOMAKI FILLINGS** - Use an odd number of fillings. Maximum 7. You don't want to overfill the rolls

### **SHIITAKE MUSHROOMS:**

You can buy them dried and in a package that will keep well as long as no moisture is let into the package.

8 medium mushrooms

8 TBSP sugar

8 TBSP soya sauce (Shoyu)

1 tsp salt

1 cup water

Soak the mushrooms in 3 cups of warm water for 30 min – 2 hrs. Drain.

Heat water, sugar, soya sauce and salt in a saucepan. When sugar has dissolved, add the mushrooms. Cook over medium heat 20 minutes.

Cut into half inch strips. Set aside to cool

**OBORO:** Dried flake cod fish colored pink. You can buy this ready made in a package Provides colour to your rolls

### **EGG:**

4 eggs

2 TBSP mirin

1 TBSP water

1 TBSP sugar

1 tsp corn starch

1 tsp salt

Beat the eggs as for an omelet. Mix the water and corn starch until starch is dissolved. Add all the other ingredients. Cook over low heat. Fold over 2-3 times. Remove from heat. Cut into ½ inch wide strips to the size of the nori sheets.

**KAMPYO:** Dried gourd strips

1 cup fish stock (dashi) This can be purchased.

2 TBSP sugar

2 TBSP soya sauce

1 tsp salt

Wash strips in cold water. Soak for 30 minutes. Drain

Squeeze and rub salt on the strips, then rinse in cold water. Cook with dashi until all the liquid evaporates.

Cool. These strips can be cut the length of the nori sheets or you can double them up in the roll. Keep in mind that you don't want too thick a center.

**LOTUS ROOT:** (Renkon)

1 TBSP vinegar

½ cup sake

4 TBSP sugar

¼ cup water

½ tsp salt

Clean and peel and cut across so that the pattern of holes can be clearly seen. Place immediately into vinegar and water to prevent discoloration. Place in saucepan and bring to boil. Cook 2-3 minutes. Slices are tender but still crisp. Put sake, sugar, water and salt into saucepan. Bring to boil. When sugar is dissolved, pour over slices. Let stand 20 minutes. Allow to cool.

**BAMBOO SHOOTS:** Takenoko

4 TBSP vinegar

2 TBSP sugar

2 TBSP mirin

½ tsp salt

Fresh shoots should be boiled until tender. Tinned shoots – just drain. Slice into strips for sushi. The canned shoots may be already done in Dashi. The shoots can be used as is without using this recipe to heat and pour over the shoots (as for the lotus roots)

**KAMABOKO:** Steamed fish cake. Fish sausage made from pounded white fish mixed with cornstarch, formed into shape and cooked. Available fresh or canned.

**DAIKON:** Long white radish. It is used both cooked and raw. Buy the packaged ones, that are pickled and coloured a bright yellow. This will add colour to the sushi rolls

**GINGER:** Buy the packaged or ginger in a jar - that is pickled and coloured red

**OTHER OPTIONS:** Cucumber, spinach,

I'm including a recipe for BURDOCK ROOT (GOBO) although it is not usually included in sushi.

**BRAISED BURDOCK ROOT (KIMPIRA)**

1 TBSP soya sauce

1 Tsp mirin

2 Tsp sugar

1 TBSP oil

Pinch salt

¼ tsp red pepper

Peel gobo by scraping with the knife back edge. The outer layer comes off. Cut into match-like strips about 1 ½ inch long. Place in cold water immediately to prevent discoloration. Drain in a dry cloth. Place oil in a saucepan. Add the gobo. Cook on high heat, stirring constantly. (1 minute). Add all the other ingredients and continue stirring over high heat for 2-3 minutes longer. Don't overcook. Remove from heat into a serving dish. Serve hot or at Room Temperature.

NOTE: All the vinegar recipes include some MSG. This is not included in any of these recipes.

Sources:

Canadian Japanese Cookery - Kamloops Japanese Canadian Association

Homestyle Japanese cooking in Pictures – Sadako Kohnno

Home Cooking Nikkei Style – Fraser Valley Japanese United Church Women's Group (Surrey)

Japanese Cooking – Peter and Joan Martin

