

# VEGETABLE SUSHI

## RICE

### INGREDIENTS

#### step 1

- 1¼ cup rice, white short grain
- 1½ cup water, cold
- 2 tbsp rice wine vinegar
- 1 tsp sugar, granulated

## EQUIPMENT NEEDS

- rice cooker vs. pot & water
- large container
- two cutting boards
- sharp knife
- rolling mat vs. towel
- saran plastic wrap
- small water bowl

### DIRECTIONS: RICE

cook time = 55 minutes

- 1 / wash and rinse rice with fresh water three for four times then drain water. cook rice.
- 2 / add cold water to the rice cooker and gently mix the rice and water. switch on the rice cooker and let it set for 50 minutes (30 min. for cook, 20 min. for steam). without rice cooker: after washing rice, place in large pot with 1.5 cups of water. bring to a boil on high heat, when boiling turn the heat down to low, stir constantly, cook until water is completely absorbed.
- 3 / empty hot cooked rice into shallow container. fold rice with rubber spatula and fan to release steam from cooked rice as much as possible for approximately 1 minute.
- 4 / sprinkle rice wine vinegar and sugar over the rice and incorporate using spatula in cutting motion (should be done in about two minutes.)
- 5 / cool the sushi rice at room temperature.

## ROLL

### INGREDIENTS

#### step 2

- 1 each dried nori seaweed sheet
- 1 cup sushi rice-white short grain (cooked)
- cucumber, peeled, julienne-slice
- bell pepper, julienne-slice
- avocado, julienne-slice
- shredded carrot

### DIRECTIONS: ROLL

prep time = 10 minutes

- 1 / slice vegetables.
- 2 / lay the nori sheet on the rolling mat with the rough side facing up.
- 3 / place cooled rice onto nori sheet and spread equally over the sheet leaving the upper margin uncovered. (roughly ¼ inch thick)
- 4 / place strips of cucumber, bell pepper, avocado, and carrot in a perpendicular line on top of the rice about an inch from the closer edge of the rolling mat.
- 5 / using the closer edge of the rolling mat, close on the filling with the nori making a rectangular shaped hill and tighten it from above. move forward and continue rolling, keeping it tight with every move until you reach the end of the nori .
- 6 / put pressure on the roll from all three side at all times, especially on stops to allow it to roll tightly.
- 7 / best served immediately but may be stored in refrigerator until ready to slice and serve.

# MAKING THE CUT: KNIFE SKILLS

**MAKING THE CUT** - Most cooks will agree - knives are one of the most important tools in the kitchen. Understanding the various knives, cuts, and safety tips can make cooking a pleasurable experience.

*Follow these suggestions to sharpen your knife knowledge.*

## THE GRIP

01

Grip the handle with all four fingers and hold the thumb gently but firmly against the blade's spine.

02

Grip the handle with all four fingers and hold the thumb gently but firmly against the side of the blade.

03

Grip the handle with three fingers, rest the index finger flat against the blade on one side, and hold the thumb on the opposite side to give additional stability and control.

04

Grip the handle overhand, with the knife held vertically - this grip is used with a boning knife for meat fabrication tasks.

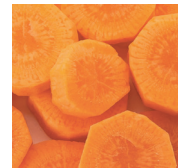
## KNIFE SAFETY 101

- + Dry your hands. Make sure your hands are dry before using a knife so it won't slip while in your hand.
- + Prevent slipping. Set a towel between the cutting board and the counter top to prevent the board from slipping.
- + Use the right knife for the job. A paring knife for peeling and coring, a chef's knife for chopping and slicing.
- + Chop carefully. Curl your fingers under on the hand holding the food to avoid cuts. Move your hand along as the knife cuts the food.
- + Avoid distractions while cutting. Keep your eyes what you're cutting until you're done to avoid accidents.
- + Don't catch it. If you're handling a knife and you drop it, step back and let it fall, don't try to catch it.
- + Keep clear. Never put a knife in a sink full of water. You or someone else may get hurt while reaching into the sink.
- + Store responsibly. Don't leave knives loose in a drawer unless they're in a sheath. Ideally, you should store knives in a knife block or on a magnetic rack.

## WHAT'S THE BEST KNIFE TO HAVE IN MY KITCHEN?

There are many types of knives but *if you only have one, a chef's knife (usually 8-inch or 10-inch) is the best because it's so versatile.* We suggest a paring knife as the second addition to your kitchen toolbox, as it is much smaller and good for cutting or peeling smaller, delicate foods.

## THE CUT



### CHOP

*This is a chunky type of cut.*

If a recipe says "coarsely chop", your pieces should be bigger.



### DICE

A smaller cut than "chop" (usually less than ½-inch cubes), *food should be the size of playing dice.* Sometimes this is called "finely chopped." Diced foods cook faster than chopped foods.



### MINCE

A very small cut, food is *cut into very tiny pieces.* Foods that are often minced include garlic, onions and fresh ginger.



### JULIENNE

A long, thin cut; *your pieces should look like long match sticks.* This cut is often used on vegetables that you can eat raw like carrots or leafy herbs like basil.