

Japanese Cooking Class Recipe List: Spring 2009

Special Ingredients:

Most things will be available at the grocery store (i.e. Kroger) but the Sushi Taro mix was purchased at Seafood @ West Main in the Main Street Market. You can also check the Asian Market (1417 Emmet St N # B, Charlottesville, VA 22903) and the Charlottesville Oriental Food Market (206 Carlton Rd, Charlottesville, VA 22902) for additional ingredients.

Roasted Seaweed



Rice Vinegar



Sticky Rice



Sushi Taro



Sushi Cake



Ingredients

- Sushi Taro (1 pack/1 sushi cake, includes: veggie mix & seaweed)
- Appx. 2 cups cooked rice
- 1 egg
- A little sugar
- 1 ripe avocado
- ¼ cup cream cheese
- Dash soy sauce
- Lime juice
- Boiled shrimp
- Snow peas
- Strawberries/kiwi/cherries (garnish)

Directions

- Cook the rice (see Nishiki bag for directions)
- Mix rice with the vegetables from the Sushi Taro package and set aside
- Coat sauté pan with a thin layer of oil. Mix egg with a little sugar and pour into pan, cook so it's crepe-thin, and cut into thin slices, set aside
- Scoop out the avocado and mix in a small bowl with cream cheese, soy sauce, and lime juice (to prevent browning), set aside
- Use a circular dish and put plastic wrap inside the dish
- Put eggs at the bottom of dish, add a layer of the rice mixture, add layer of avocado mixture, add seaweed from Sushi Taro package, add another layer of rice
- Once all the layers are in push everything together tightly into the dish
- Place a plate on top of the dish and flip over so the sushi cake falls out on to the plate
- Garnish with shrimp, snow peas, and other fruits/veggies as you like



Dragon Roll

Ingredients

- Roasted seaweed
- Cooked rice
- Ripe avocado
- Crab
- Sliced cucumber
- Serve with soy sauce/wasabi



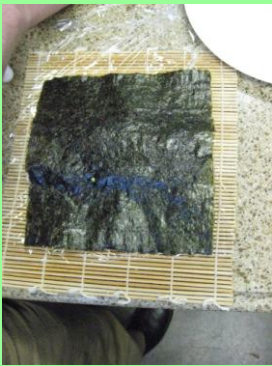
Place roasted seaweed on wrap



Spread cooked rice evenly



Thinly slice avocado and spread



Flip the roasted seaweed with the rice on top of the avocado



Add the crab and cucumber



Roll everything together tightly



Slice into bite sized pieces



Enjoy!

Temari Sushi (ball shaped)



You can use rice for the Dragon Roll and Temari Sushi.

Ingredients

- Cooked rice (short grain rice is good for sushi): You can follow the instructions for cooking the rice on the stovetop or rice cooker on the Nishiki bag
- 3 tablespoons rice vinegar
- ½ tablespoon sugar
- 1 teaspoon salt (to taste)
- Salmon (we used smoked)
- Shrimp

Directions

- Mix together vinegar, sugar and salt, set aside
- When the rice is finished cooking combine the vinegar mixture and the rice
- Set aside and let the rice mixture cool
- Prepare toppings

Whatever you like...Examples of toppings are:

tuna cucumber carrot cheese smoked salmon egg shrimp avocado crab

- Place salmon/shrimp in the plastic wrap, put rice on top and make small ball shape using wrap. Enjoy!