

PLANT-BASED SUSHI

Recipes

SUSHI ROLLS

Making sushi rice:

4 cups sushi rice

4¼ cups water

½ cups lemon juice

¼ heaping cup sugar

1 heaping teaspoon salt

1. Put the rice in a large bowl and wash it with cold water. Keep washing until the water becomes almost clear.
2. Drain the rice in a colander and set aside for 30 minutes.
3. Place the rice in rice cooker and add water. Let the rice soak in the water at least 30 minutes.
4. Start the cooker. When rice is cooked, let it steam for about 15 minutes.
5. Mix lemon juice, sugar, and salt in a sauce pan. Cook over low heat until sugar is dissolved. Let it cool.
6. Spread the hot steamed rice into a large bowl. Drizzle the mixture over the rice and mix.
7. Be careful not to smash the rice.

Making micro-nutrient rich sushi rice try using:
freshly squeezed lemon/grapefruit/orange juice, toasted sesame seeds

Filling:

Nori (dried seaweed)

Avocado

Carrot

Eggplant (grilled)

Tofu (made crisp by frying)

Tomato

Heart of Palm

Artichoke

Roasted Bell Peppers,

Cucumber

Asparagus

Bell peppers, julienned

Scallions, julienned

Snow peas, julienned

Broccoli, lightly steamed

Spinach, lightly steamed or raw

Vegan mayonnaise (optional)

(REGULAR ROLLS)

1. Wrap sushi rolling mat tightly in plastic, to prevent rice from getting stuck in between the little bamboo strips.
2. Peel avocados and cucumbers and cut them into strips. Mix with salt.
3. Put a sheet of nori (dried seaweed) on top of the mat, spread about 1 cup of sushi rice on top of the seaweed. and press firmly
4. Flip the sushi layer over very carefully, place the filling horizontally on the seaweed
5. Roll the bamboo mat forward, pressing the ingredients inside the cylinder-shaped sushi.
6. Sprinkle roasted sesame seeds over the sushi rice.
7. Cut the sushi roll into bite-size pieces.

(INVERTED ROLLS)

1. Place sheet of nori vertically on mat.
2. Spread about 1 cup of sushi rice evenly over nori.
3. Cover with plastic wrap and press evenly.
4. Turn over so that now nori is on top and the plastic wrap is on the mat.
5. Lay fillings horizontally across the end of nori closest to you.
6. Roll almost one complete turn, stopping to press and make firm, then complete the roll.
7. Dampen the knife with rice vinegar/lemon juice and cut roll into 1 inch slices.
8. Gently remove the plastic wrap.



Recipes

ORIENTAL DRESSING

Mix together:

- ¼ cup oil**
- 2 tablespoons lemon juice**
- 2 tablespoons Bragg liquid aminos**
- 2 tablespoons honey**
- 1 tablespoon sesame oil**
- 1 tablespoon toasted sesame seeds**
- 1 clove garlic, pressed**

NUT MAYONNAISE

1. Blend till smooth:

- 1 cup nuts***
- 2 T lemon juice**
- 1 cup unsweetened soy milk**
- 1 teaspoon onion powder**
- 2 teaspoons nutritional yeast flakes (optional)**
- pinch of salt**

**raw cashews, almonds, macadamia nuts, pine nuts, or Brazil nuts*

TOFU EGGLESS SALAD

Mix together and melt in saucepan till smooth:

- 2 c. mashed tofu (1 lb.), mashed**
- 1/3 c. soy mayonnaise**
- ¾ tsp. salt**
- ¾ c. finely chopped celery**
- 1 ½ tsp. onion pwd.**
- ½ c. finely chopped onions**
- ½ tsp. garlic pwd.**
- ¾ tsp. turmeric**
- ½ tsp. cumin**

OLD-FASHIONED BAKED PUMPKIN PUDDING

- 1 ¾ c cooked pumpkin (15 oz can)**
- 1 can coconut milk**
- ½ c pitted dates**
- ½ c honey/agave nector/raw sugar**
- ¼ c cornstarch**
- 1 t vanilla**
- 1 ¼ t pumpkin pie seasoning**
- ½ t coriander**
- ½ t salt**
- ½ t fresh peeled or dry ginger (optional)**

1. Blend all ingredients in the blender until smooth.
2. Pour into an unbaked pie shell and bake at 350°F for 1 hour.

