

Sushi Canapé

寿司カナッペ

● Ingredients (15~20 canapés)

2 pints Steamed Rice

3 beaten eggs

¼ lb. Ground Chicken

1 Avocado

¼ tsp. Wasabi Paste

50 ml Rice Vinegar

2 Tbsp. Sugar (total)

1 ¼ tsp. Salt (total)

4 Tbsp. Soy Sauce (total)

1 Tbsp. Mirin (sweet cooking rice wine)

1 Tbsp. Cooking Sake

3~4 pieces Sushi Dried Seaweeds

Makisu Bamboo Sushi Mat

● Prepare Sushi Rice Seasoning



In a small cup, combine
50 ml of rice vinegar
1 tsp. of salt
1 Tbsp. of sugar

Mix well until the liquid turns clear.

● Prepare Sushi Rice



In a big bowl, put 2 pints of steamed rice and the vinegar mixture.

Mix with a spatula in the direction shown in the picture.

Spread the sushi rice in the bowl and regularly fan the rice with a thick paper to let it cool down to room temperature.

● Prepare Egg Topping



Combine 3 beaten eggs and $\frac{1}{4}$ tsp. of salt and mix well.



Heat 1 Tbsp. of vegetable oil in a pan. Pour $\frac{1}{4}$ of the egg mixture into the pan and cook a very thin fried egg over medium heat.

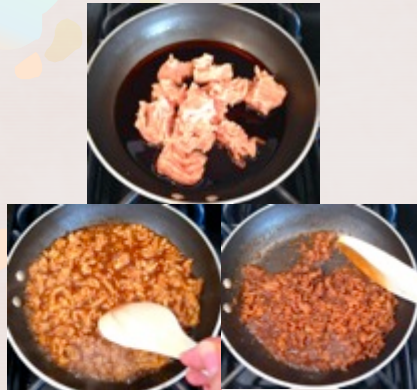


Roll the fried egg up and slice into thin strips.

- Prepare Chicken Teriyaki Topping



Heat 2 Tbsp. of soy sauce, 1 Tbsp. of cooking Sake, 1 Tbsp. of Mirin and 1 Tbsp. of sugar in a pan over medium heat.



Add ¼ lb. of ground chicken to the pan, Stir over medium heat for 8 minutes or so until the sauce reduces.

● Prepare Avocado Topping



In a small bowl, combine 2 Tbsp. of soy sauce and $\frac{1}{4}$ tsp. of wasabi paste. You can buy wasabi paste at many grocery stores and at most Asian markets in the US. Mix well.



Dice an avocado, add to the bowl and toss.

● Prepare Roll Sushi



You can get dried seaweed for roll sushi at many grocery stores.

Also you can get Makisu at many Asian markets in the US. Makisu is the equipment used to roll sushi.

Spread some of the sushi rice on a piece of dried seaweed on the Makisu so that you can't see the seaweed through the rice.



Roll away from yourself by following the direction in the picture.



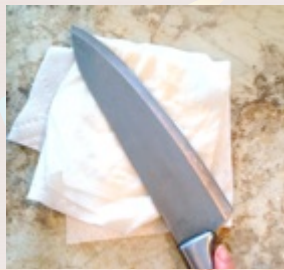
Roll the edge of the seaweed inside but not to the edge of the Makisu. Hold tight to make a good shape when it comes to the other edge of the seaweed.



● Cut and Top



After holding the sushi roll tight, place on a plate with the sealed side down to let it seal well for a while.



When you cut the sushi roll, wipe the knife with a wet paper towel so no rice sticks to the knife.



Cut into 1 inch pieces.



Place the cut sushi roll onto a plate and top with the egg, the avocado, and the chicken teriyaki as you like.

Enjoy!!

