

# Egg and Vegetable Sushi Roll

---

巻き寿司

- Ingredients ( about 15 pieces)

[Filling]

2 Shiitake Mushrooms

½ Carrot

10 leaves Spinach (frozen one is okay)

2/3 cup Dashi Stock (any kind is okay)

2 Tbsp. Soy Sauce

1 Tbsp. Cooking Sake

1 Tbsp. Mirin (Sweet Cooking Rice Wine)

1 Tbsp. Sugar

1 Egg + Pinch Salt + Non-Stick Cooking Spray

[Wrapper]

1-1/4 cup Dried Rice

5-inch × 5-inch piece Dried Kelp

2 cup Water

50 ml Rice Vinegar

1 Tbsp. Sugar

1 tsp. Salt

2 pieces Dried Seaweed for Sushi Roll

[Tool]

Makisu (Sushi Roll Mat)



## ● Wash Rice



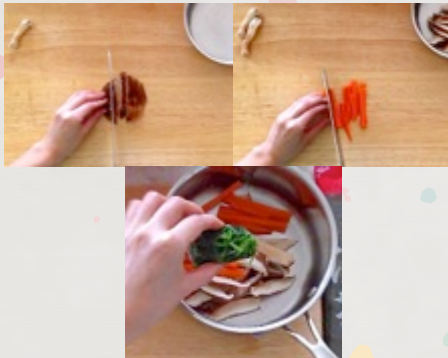
*If this is too much work, you can use prepared steamed rice.*

Put 1- $\frac{1}{4}$  cups of dried rice in a bowl and add running water. Drain the water carefully so as not to spill the rice. Repeat it 2 times.

Agitate the rice with your fingers about 20 times. Add water and drain until the water becomes clear.

Add enough water to cover the rice and soak for 1 hour at room temperature.

## ● Filling

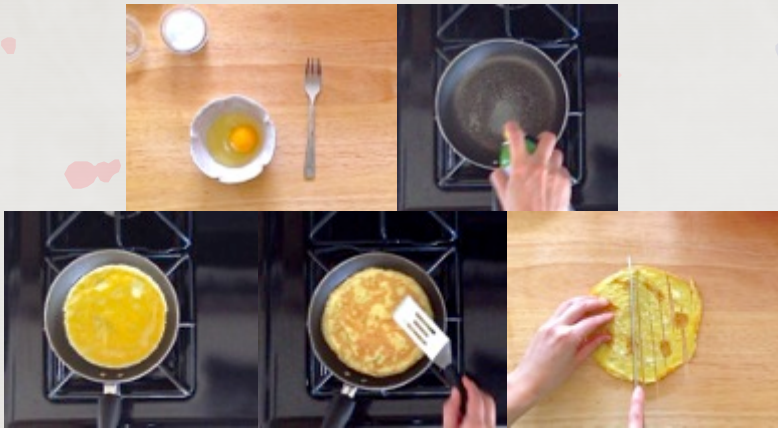


Slice 2 washed Shiitake Mushrooms caps and  $\frac{1}{2}$  peeled carrot. Place it and about 10 leaves of washed spinach (I used frozen spinach) in a sauce pan.



Add  $\frac{2}{3}$  cup of Dashi stock, 1 Tbsp. of cooking Sake, 1 Tbsp. of sugar, 2 Tbsp. of soy sauce and 1 Tbsp. of Mirin to the pan. Cook over medium-high heat until it boils. Turn the heat down to low and simmer for 15 minutes. Set aside.





Beat an egg and add a pinch of salt.

Spray non-stick cooking spray in a pan and fry the egg over medium-low heat for 3 minutes. Flip halfway. Slice and set aside.

## ● Sushi Rice Vinegar

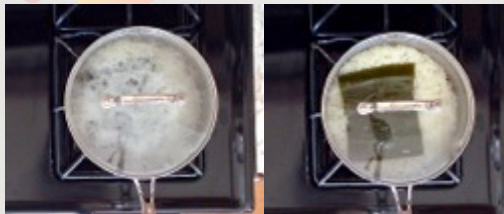


In a cup, combine 50 ml of rice vinegar, 1 Tbsp. of sugar and 1 tsp. of salt. Mix well and set aside.

## ● Cook Rice



*\*Don't remove the lid even if it boils over the pot.*



*If this is too much work, you can use prepared steamed rice.*

After 1 hour, measure the soaked rice and transfer to a stockpot or deep pan. Add the same amount of water.

Add a 5-inch ×5-inch piece of dried kelp, put a lid on and cook over high heat until it comes to boil.

After it boils, cook over low heat for 12 minutes until the water is completely gone.

Remove the lid and check that there is no water. Turn the heat off, place kitchen towels under the lid and steam for 10 minutes.



## ● Make Sushi Rice



Transfer the steamed rice to a big bowl and add the sushi rice vinegar. Mix carefully so as not to mash the rice.

## ● Set



Set 1 piece of dried seaweed on a Makisu sushi mat. (I put paper towels under the mat so that the Makisu is stable)  
Place about 1-½ cups of the sushi rice on the seaweed.



Spread 1-1/2 cups of sushi rice with your fingers all over the seaweed except at the 1 inch line of the far side of the seaweed.



*The trick to making great shape sushi roll is to place much more rice on the 4 sides than middle.*



Place each ingredient straight down the middle of the rice, looking at the pictures.

*Don't use too much of the fillings so you can keep the great circle shape.*





Pick up the Makisu at the edge on your side.

Keep the ingredients from slipping with your fingers.

Roll and attach the side edge of rice to the far side edge of rice. Hold the seam with your fingers.

And keep rolling, holding only the Makisu.



Hold the Makiyu tightly to make a good shape.



When you cut the sushi roll, wipe your knife with wet kitchen towels each time so that the rice doesn't stick to the knife.

