

Date: _____ Period: _____ Name: _____

CALIFORNIA ROLLS

UNIT RECIPE

INGREDIENTS:

Rice:

>250mL Uncooked Short Grain Rice
>250mL Water

Sushi Vinegar:

>50mL Rice Wine Vinegar >2mL Salt
>15mL Sugar

California Roll:

>125mL Imitation Crab >1/2 Avocado >1/4 English Cucumber
>4 Nori Sheets >15mL Sesame Seeds
>Mayonnaise >Pinch of Salt

METHOD:

1. Prepare rice: in a large saucepan, combine rice and water. Cover with a lid.
2. Bring to a boil over maximum heat. When boiling, reduce heat to low. Cook for 15-17 minutes. *Do NOT peek at the rice during cooking!*

Sushi Vinegar (for rice)

1. Mix rice wine vinegar, sugar and salt together in saucepan, heat just until sugar and salt have dissolved in the vinegar. AVOID BOILING!
2. Let the sushi vinegar COOL to room temperature before mixing with the rice.
3. Add sushi vinegar to WARM rice in a mixing bowl (This makes mixing easier and the rice stays shiny. Use a wooden dish if possible as it will absorb any excess moisture from the rice).

Preparing Sushi Roll – Inside Out Roll

1. Peel the avocado and cut it into strips or mash it. Cut cucumber into strips.
2. Put imitation crab in a bowl and mix with salt and mayonnaise.
3. Put a sheet of dried seaweed on top of the mat.
4. Spread sushi rice on top of the seaweed and press firmly. Sprinkle sesame seeds over the sushi rice. Turn the sushi layer over so that the seaweed is on top.
5. Place avocado, cucumber and crab lengthwise on the seaweed.
6. Roll the bamboo mat forward, pressing the ingredients inside the cylinder-shaped sushi.
7. Press firmly and evenly on the bamboo mat with hands, and then remove the rolled sushi. Cut the sushi roll into 6-8 pieces. *Moisten the knife with water before cutting sushi roll.