

# Homemade Vegetable Sushi Roll

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巻き寿司

## ● Ingredients (servings 2)

5 pieces Shiitake Mushroom  
½ Carrot  
½ Cucumber  
1 cup Kelp Dashi stock (any kind is okay)  
3 Tbsp. Soy Sauce  
2 Tbsp. Cooking Sake  
2 Tbsp. Sugar  
1 Tbsp. Mirin (sweet cooking rice wine)  
1 piece Dried Seaweed  
1 cup Steamed Rice  
[for Sushi Rice Seasoning]  
50 ml Rice Vinegar  
1 Tbsp. Sugar  
1 tsp. Salt

## ● 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

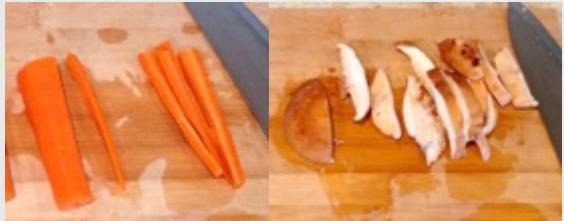


In a bowl, put 1 cup of steamed rice and the vinegar mixture.

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 piece of paper to let it cool down to room temperature.

## ● Prepare the filling



Slice  $\frac{1}{2}$  peeled carrot and 5 pieces of washed Shiitake mushroom.



Transfer the carrot and the Shiitake mushrooms to a sauce pan and add  
2 Tbsp. of Sugar  
2 Tbsp. of cooking Sake  
3 Tbsp. of soy sauce  
1 Tbsp. of Mirin  
Heat until it boils.  
Turn the heat down to low and simmer for 20 minutes.  
Let it sit on the range after the simmering.



Slice  $\frac{1}{2}$  peeled cucumber and set aside.

## ● 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.

Make sure not to spread the rice all the way to the far side of the dried seaweed. The far side attaches to the back side of the front edge of the seaweed when it is rolled.



Place the cut cucumber, the carrot, and the mushrooms on the rice.



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

Roll to attach the back side of the front edge to the far side edge, but do not roll the edge of the Makisu.



Hold the Makisu tight to make a good shape once you roll to the other edge of the seaweed. See picture.

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

Cut into about  $\frac{1}{2}$  inch pieces.

Serve with some soy sauce and Wasabi paste to taste.

