

Maine Arts Camp

Recipe: Sushi for kids

Chef: Charlie Limoggio CEC

Servings: 24 slices

Quantity	Unit	Ingredient	Prep Notes
1 ½	Cups	Sushi rice	
2	Tablespoons	Rice vinegar	
1	Tablespoon	Sugar	
4	Sheets	Nori	
2	Tablespoons	Mayonnaise	Not lite
1	Whole	Seedless cucumber	Cut into match sticks
1	Medium	Avocado	Sliced thin
		Lo-sodium soy sauce	For service
		Pickled ginger slices	For service
		Wasabi, reconstituted	For service

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.

2. Place rice and 1 1/2 cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand, covered, for 10 minutes.

3. Meanwhile, place vinegar and sugar in a microwave-safe jug. Microwave on high (100%) for 30 seconds. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.

4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons mayonnaise over center of rice. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces.

Sea legs (surimi) can also be used, just eliminate the mayonnaise.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.