

Vegetarian Sushi From Scratch

For the rice:

3 cups sushi rice

3 cups water

For the vinegar sauce:

1/3-1/2 cup rice vinegar (I actually do something in between 1/3-1/2 cup)

2 teaspoons *kosher* salt *or* 1 teaspoon regular salt

3 heaping tablespoons sugar

Sushi prep:

8 sheets nori

Bamboo mat

Plastic wrap

Avocado peeled and sliced thin and long

Carrot peeled and sliced thin and long

Cucumber peeled or not as you like and sliced thin and long

Pickled ginger

Soy sauce

Wasabi

horseradish mayo (optional)

Directions:

Start by cooking the sushi rice, 3 cups rice to 3 cups water. Bring the rice to the boil with cover on, lower to simmer and cook for 20 minutes. Take off flame, leave cover on and let sit for another 20 minutes. While this happens, prepare the vinegar sauce and the vegetables.

In a small pot on the stove, or pyrex cup in the microwave, bring vinegar, sugar and salt to a brief boil, stirring just till sugar dissolves and set off the flame. Let cool. While cooling, get veggies ready.

Take avocado and if thin skinned, use a vegetable peeler (sharp one!) and peel off the skin, if thick skinned, cut ends off and it'll shuck off easily. Slice in half (mind the pit!) and make thin pretty slices. Now take your cucumbers and I like the peel on for added color but you can peel if you wish and slice thinly. Peel carrots and make very thin slices.

Cover your work surface with plastic wrap and take out the bamboo mat and seal all over in plastic wrap. If you don't, it will get gummy from the rice and be a pain to clean midway.

Now take a big bowl to put all the rice in and a third at a time, add the vinegar mixture and fold into the rice gently, don't smush the rice, you want the grains to stay whole. Do this till you finish the liquid and the rice is coated.

Take a sheet of the nori and place shiny (smooth) side down against the bamboo mat. The other side will feel a bit rough. The rice goes on the rough side to stick to it more easily. Set a bowl of water near the rice and dip your hand in shaking off excess water and scoop a generous handful of rice and place on nori gently patting it down leaving a border at the end (see above pic) empty. You will seal the roll with that empty bit.

Now take a little of your veggies, not too bulky or the roll won't close over it, set a third of the way down the center of the rice (check the pic for accuracy). You can dab a bit of wasabi down the middle or as I now do, horseradish mayo drizzle. Dab your finger in the water and run along the unriced edge then take the bamboo mat and carefully fold with the nori and rice over the veggies, rolling till the edge and gently squeeze to seal. Take a deadly sharp knife (careful) and slice firmly into slices. Do this with all the nori, rice and veggies till you use them up.

Place nicely on a platter and serve with little bowls of soy sauce, pickled ginger and some wasabi.