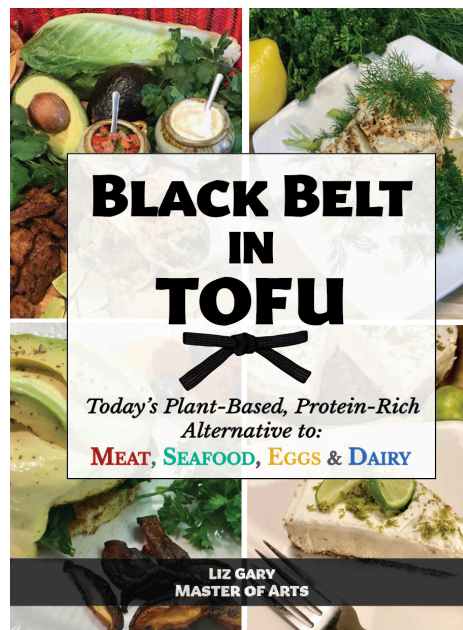


VEGAN COOKING 101 VEGGIE SUSHI

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Sample recipes from the upcoming book summer of '23

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VEGGIE SUSHI

INGREDIENTS:

5 cups uncooked sushi rice
6 cups water
1/4 cup plus 2 tablespoons rice vinegar
2 tablespoons cane sugar or agave syrup
1 teaspoon pink salt
10 sheets Roasted Seaweed Sushi Nori
8 oz. tofu sliced into 1/4 inch thick sticks
1 large English cucumbers, peeled and seeded
1 large avocado, sliced
1 large red bell pepper, seeds removed and sliced
2 medium carrots, peeled and sliced into 1/4 inch thin strips

Accompaniments:

6 oz. jar pickled ginger
1 1.5 oz tube prepared wasabi
Tamari or Soy Sauce
toasted sesame seeds

DIRECTIONS:

Place the dry sushi rice in a large bowl, cover it with water and stir it to release the starch. Drain and repeat two more times or until the majority of the starch is removed and the rinse water is clear.

In a small enamel or Teflon coated saucepan combine the rice vinegar, sugar, and salt. Heat on medium and stir until the sugar has dissolved. Set the pan aside to cool.

Place the rinsed rice and 6 cups of fresh water in a heavy saucepan, bring to a boil, reduce the heat, and simmer for 15 minutes. Turn the heat off and let the rice rest covered for an additional 15 minutes. (Or, place the rice and water in a rice cooker and cook to manufacturer settings)

While the rice is cooking prepare the tofu and vegetables by cutting them into thin long strips. Arrange the fillings on a cutting board for assembly and clear a work space on the cutting board for rolling. Prepare a bamboo sushi mat by covering it with plastic wrap or parchment secured with tape on the back side.



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When the rice is done fluff it with a rice paddle or wide wooden spoon. Transfer the rice into a wooden salad bowl or non-metallic bowl. Pour the vinegar dressing mixture over the rice and fold it again gently with the spoon or paddle to cool it down, toss it to coat it evenly with the dressing. Keep the rice covered at room temperature.

Lay the wrapped sushi mat on a cutting board with the bamboo strips running horizontally in front of you. Lay a sheet of the nori shiny side up on the mat. Place one generous cup of the cooked rice on the nori, dip fingers or the back of a spoon into water to help spread the rice out evenly all the way to the edges. Have clean dry towels handy for drying your hands between steps. Lift the rice covered nori carefully and flip it over onto the mat nori side up.

Arrange the sliced vegetables horizontally across the bottom section of the first sheet of nori, be careful not to over fill it. Gently lift the edge of the sushi mat to begin folding the nori over the filling, compressing the contents as you roll the mat away from you. Continue sliding the mat's edge away from you while gently compressing the the roll until the nori has been completely rolled.

Place the roll seam side down on a cutting board, sprinkle a coating of sesame seeds evenly over the rice. Dip a serrated edge knife in water and slice the roll every 1-2 inches. Transfer each piece to a serving plate and arrange with pickled ginger, wasabi, and dipping sauces.

Alternatively, you can roll the fillings by placing them directly on top of the rice covered nori for sashimi. Get creative with your fillings and try micro sprouts, mushrooms, crispy fried tofu, and any variety of colorful seasonal vegetables that can be laid out in strips. Sushi making is great fun with friends!

Tamari Orange Ginger Dipping Sauce

1 cup tamari
1/2 cup orange juice
1 tablespoon grated orange rind
1/4 cup water
1/4 cup maple syrup
2 teaspoons cornstarch or arrowroot

Place all the tamari, orange juice, rind, water and maple syrup in a small saucepan. Bring to a boil then simmer until it is reduced by half. Place the cornstarch or arrowroot in a liquid measuring cup or glass, add a tablespoon of water to make a slurry then pour it into the sauce. Continue stirring on medium low until thickened.

SPICY MOCK TUNA ROLL

INGREDIENTS:

Vegan Tuna:

- 1/2 small watermelon, cubed
- 1/4 cup rice vinegar
- 1/3 cup tamari or soy sauce
- 1 tablespoon sesame oil
- 2 teaspoons agave syrup
- 2 teaspoons fresh grated ginger Sirarcha to taste

The Rice:

- 3 cups short grain brown rice*
- 5 1/4 cups water
- 1/4 cup rice vinegar
- 1 tablespoon agave syrup
- 1 pinch of sea salt

Accompaniments:

- 10 sheets Roasted Seaweed Sushi Nori
- 1 English cucumber, seeded and sliced
- 1 large avocado
- 1 6 oz. jar pickled ginger
- 1 1.5 oz tube prepared wasabi
- Tamari or Soy Sauce
- 3 tablespoons toasted sesame seeds (optional)

DIRECTIONS:

Divide a small watermelon into two halves, reserve one half and cut the other into 1/2- inch slices. Cut away the rind then slice the watermelon into cubes. Place the watermelon cubes in a medium glass or non-metallic bowl and set aside.

Combine the rice vinegar, tamari, sesame oil, agave, ginger, and Sirarcha in a small bowl, whisk to combine. Pour the mixture over the cubed watermelon, stir to combine then cover it and refrigerate until ready to roll.

Rinse the rice, place it in a heavy bottom medium stock pot or rice cooker and cook according to package instructions. While the rice is cooking prepare the cucumbers, avocado and assemble the ginger, wasabi and tamari on a serving plate and set aside.



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When rice is done cooking and has cooled for 15 minutes transfer it to into a large shallow wooden bowl or large pyrex mixing bowl. Use a rice paddle or large spoon to fluff the rice to cool it down.

Combine the rice vinegar, agave syrup and salt in a medium measuring cup, stir to blend then pour it over the rice and continue to fold it gently until blended.

Prepare a bamboo sushi mat and cover it with plastic wrap.

Lay the wrapped sushi mat on a cutting board with the bamboo strips running horizontally in front of you. Lay a sheet of the nori shiny side up on the mat. Place one generous cup of the cooked rice on the nori, spread it evenly all the way to the edges.

Place the bowl of watermelon poke alongside the sliced cucumbers and avocado. Use a slotted spoon to arrange a generous 1/4 cup scoop of the poke on the first one-fourth section of the rice covered nori. Lay a few slices of cucumber and avocado along the watermelon. Fold the sushi mat over the filling and gently squeeze it as you roll the mat away from you. Continue rolling the leading edge of the mat away from you until the nori has been completely rolled and the edges sealed.

Place the roll seam side down on a cutting board. Use a serrated edge knife and slice the roll every 1-2 inches to create 8 slices per roll. Transfer each piece to a serving plate with pickled ginger, wasabi, and tamari or soy sauce. Serve chilled.

* Substitute brown rice with white sushi rice. Prepare white sushi rice by placing the rice in a bowl and cover with water, stir to remove the starch and rinse. Repeat until the water runs clear. Pour fresh water over the rice and let it soak 30 minutes before cooking.

**Sushi making equipment can be found at cookware and restaurant supply stores