

How to Make Quick & Easy Sushi

The increasing popularity of sushi in North America, as well as around the world, has resulted in variations of sushi typically found in the West and rarely if at all in Japan. Such creations to suit the Western palate^[11] were initially fueled by the invention of the California roll. A wide variety of popular rolls has evolved since. Some examples include:

- **California roll** consists of avocado, kani kama (imitation crab stick), and cucumber, often made uramaki (with rice on the outside, nori on the inside)
- **Caterpillar roll** generally includes avocado, unagi, kani kama, and cucumber.
- **Dynamite roll** includes yellowtail (hamachi), and fillings such as bean sprouts, carrots, chili and spicy mayonnaise (Dynamite roll and Crunchy roll are essentially reversed in some parts of Canada, especially western Canada.)
- **Rainbow roll** is typically a California roll topped with several various sashimi.
- **Spider roll** includes fried soft shell crab and other fillings such as cucumber, avocado, daikon sprouts or lettuce, roe, and spicy mayonnaise.
- **Philadelphia roll** almost always consists of smoked salmon, cream cheese, cucumber, and/or onion.
- **Salmon roll** has grilled salmon skin with sweet sauce and cucumber.
- **Crunchy roll** a California roll deep fried tempura-style, often topped with sweet eel sauce or chili sauce (see above note regarding Canadian usage).
- **Seattle roll** consists of cucumber, avocado, and raw or smoked salmon.



Source: Wikipedia.org

How to Make Sushi

California Rolls

- 1 medium avocado, peeled, pitted and sliced into 1/4-inch slices
- 2 teaspoons lemon juice
- 4 nori sheets
- 1 batch sushi rice (recipe follows)
- 1/3 cup black sesame seeds (or toasted sesame seeds) *(optional)*
- 1 small cucumber, peeled, seeded and cut into matchstick-sized pieces
- 1 cup imitation crab pieces, torn into smaller pieces

Pickled ginger, for serving *(optional)*

Wasabi, for serving *(optional)*

Soy sauce, for serving *(optional)*

1. After cutting up your avocado, toss in lemon juice to keep from browning.
2. Cover your bamboo rolling mat with plastic wrap or wax paper.

3. Cut your nori sheets in half horizontally.
4. Lay 1 sheet of nori, shiny side down, on the plastic wrap.
5. Spread 1/2 cup of prepared sushi rice evenly onto the nori. Wet your fingers to keep rice from sticking.
6. Spread 1/8 of the cucumber, avocado, and crab in a line on the center of the rice horizontally.
7. While holding the edge of the mat closest to you and with your other hand keeping the fillings in place, roll the sushi into a cylinder shape, pressing it firm with the mat.
8. Remove from the mat and cut into 6-7 pieces. Serve with pickled ginger, Wasabi and/or soy sauce.

Sushi Rice

2 cups medium or short-grain rice (calrose rice works well)
 3 cups water, plus extra for rinsing
 3 tablespoons rice vinegar
 2 tablespoons sugar
 2 tsp salt

1. Rinse the rice in a mixing bowl, removing the extra water, until it becomes clear.
2. Place the rice and 4 cups of water in a saucepan and place over high heat.
3. Bring to a boil, uncovered.
4. Once boiling, reduce the heat to low and cover. Cook for 15 minutes.
5. Remove from heat and let stand, covered for 10 minutes.
6. Combine the vinegar, sugar and salt in a small bowl and heat in the microwave for 30 seconds. Stir and heat again for 30 seconds. Repeat as needed until the sugar and salt is dissolved.
7. Transfer the rice to a large bowl, add the vinegar dressing and stir until all the rice is coated.
8. Allow rice to cool to room temperature.

More Sushi Ideas

Teriyaki Chicken Sushi Rolls

- Cooked chicken pieces seasoned with teriyaki sauce
- Avocado
- Cream Cheese
- Cucumber

Other Fillings

- Chicken
- Bell Peppers
- Scallops
- Spicy tuna
- Beef
- Cheese

Crunchy Shrimp Sushi Rolls

- Breaded & fried or coconut shrimp
- Cream Cheese
- Green Onion

Tips

Sushi rolls can also be made with Brown rice and black rice.

Crab Sushi Rolls

- Crab
- Cream Cheese
- Green Onion
- Red Pepper
- Carrot

Sushi rolls can also be dipped in tempura batter and deep fried for another yummy variation.

Sushi rolls can also be made WITHOUT NORI. Just roll it with the plastic wrap alone.