



California Roll



Sushi-rice for 3 rolls:

2c rice
2c water
10cm *kombu*, seaweed
4 tbsp sushi vinegar
vinegar

Ingredients (5-6 servings)

filling for 3 rolls:

1 small avocado
1/2 cucumber
6 sheets salad leaves
9 strips *kanikama*
(imitation crab legs)

toasted sesame seeds
1tbsp lemon juice
3 big sheets *nori* (toasted laver)
soy sauce, *wasabi* paste,
mayonnaise [optional]

Method

- 1 Put *kombu* in the water and soak for about 1 hour for the stock. Rinse rice and drain 30 minutes before cooking.
- 2 Put rice and the stock in a rice cooker. Cook rice and stand for about 10 minutes.
- 3 Wet the *Handai* (a shallow rice container) with vinegared water so the rice doesn't stick. Put rice in and pour sushi vinegar. Mix as if slicing with a rice paddle and fan to cool down. Cover with damp dish towel to prevent drying.
- 4 Cut avocado into thin slices and sprinkle lemon juice to prevent changing color. Cut cucumber into thin long strips. Tear *kanikama* into half.
- 5 Spread 1/3 of sushi rice evenly onto *nori*. Sprinkle toasted sesame seeds over rice and push lightly with palm.
- 6 Spread plastic wrap on sushi mat. Flip the *nori* sheet of 5 over and place on the plastic wrap so that the rice side is down. Arrange 4 on *nori* about 1/3 away from the front. Pressing filling, wrap and roll tightly.
- 7 Shape 6 with a rice mat. Cut into proper size together with the plastic wrap.
- 8 Serve with soy sauce, *wasabi* paste and mayonnaise.



Braised Meat and Vegetable



Ingredients (6 servings)

4 potatoes
 1/2 carrot
 1 onion
 250g thin-sliced beef
 300g threaded *konnyaku*
 *harshness removed
 10 snow peas
 1tbsp salad oil

A [

- 400ml soup stock (400ml water +3g stock powder)
- 100ml sake
- 30ml mirin
- 3 tbsps sugar
- 50ml soy sauce

Method

- 1 Peel the potatoes and remove the sprouts. Cut each into 4 to 6 pieces, soak in water and drain. Cut the carrot into quarter-rounds, the onion into wedges and the beef into bite-sized pieces.
- 2 Wash and drain the threaded *konnyaku* and cut into random lengths. Thin-cut snow pea, boil in salted water, then rinse in cold water and drain.
- 3 Heat the salad oil in a pot and fry the onion and the beef. When the color changes, add the potato and carrot and fry. Add the threaded *konnyaku* and fry.
- 4 Add the stock and sake of **A**. When it comes to a boil, skim off the scum. Add mirin and sugar and simmer for about 10 minutes over medium high heat, covered with a drop-lid.
- 5 When the liquid is half gone, add soy sauce and simmer over medium heat for 7-8 minutes until the potatoes become tender.
- 6 Serve in a bowl and garnish with the snow peas.



Matcha Agar (FINE GREEN TEA GELATIN)



Ingredients (8-10 servings)

2tsp matcha
80 g sugar
4g powdered agar
250cc water
300cc milk

Method

- 1 Mix matcha and sugar well.
- 2 Boil water and powdered agar over medium heat. After boiling, cook for about 2 minutes over low heat. Add **1**.
- 3 Add milk (not cold) into **2**, and mix well.
- 4 After cooling down, pour **3** into a mold and cool in the refrigerator until solid. Cut into suitable size.
- 5 Garnish with boiled sweet red beans and seasonal fruits as you like.

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