



手巻き寿司

(Temakizushi)

Hand-rolled sushi
Some ingredients

Sushi Rice

Ingredients

- 2 cups Calrose or short/medium grain rice
- 2 ½ cups water (or what is states on the package)
- 2 inch kombu (dried seaweed)
 - you can do this without the kombu. It just gives a different taste.

Cook rice according to the directions on the package or the directions on the rice cooker/instant pot.



Ideas for roll fillings

Ingredients – whatever you want – most common are below

- Nori – seaweed sheets or leaf lettuce
- Any veggies (most common below)
 - Carrot
 - Cucumber
 - Bell peppers
 - Zucchini
 - Corn
 - Avocado
 - Green onions
 - Asparagus
- Lunch meat
- Fish – any type you like
 - Tuna (I mix this with a bit of mayo and a splash of soy sauce)
- Meatballs
- Tamagoyaki (rolled omelettes – see recipe in this pdf)
- Horenso goma ae (spinach with sesame sauce – see recipe in this pdf)
- Cheese



Tamagoyaki

Rolled omelette

Ingredients

- 4 eggs
- 1 tbsp soy sauce
- 1 tbsp mirin
- 1 tbsp sugar
- Pinch of salt
- Oil as needed (I use the spray)

Beat the eggs and add all ingredients through oil.


Heat the fry pan and pour a thin layer of egg in the pan.

Once it sets, start rolling it in a one inch diameter. Pour another thin layer of egg and have a small part go under the already rolled part. After it sets, roll it back on itself.

Continue until you have about 10 or so layers.

Here is a good YouTube video on how to do this:

https://www.youtube.com/watch?v=r_gS2QjAmGM



Horenso goma ae

Spinach with sesame sauce

Ingredients

- 1 bunch spinach (about 3 cups)
- Pinch of salt
- Sesame Dressing:
 - 4 tbsp white sesame seeds
 - 1 tbsp sugar
 - 3 tbsp soy sauce
 - ¼ cup dashi (fish stock)

Wash spinach and parboil with a pinch of salt. Run under cold water for about 10 minutes. Squeeze out excess water and cut into 1 inch lengths. Make sesame dressing and mix with spinach.