

Tim's Recipes and Cooking Stuff

http://tim.rocketry.org/cooking/sushi/california_roll/



Homemade Sushi : California Rolls!

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Here are the ingredients, cost, and recipe for making your own homemade sushi. We'll be making California Rolls here. It's easy, and much cheaper than what you'd pay in trendy sushi bars. And nobody can use the excuse that they don't want to eat raw fish, since a California Roll uses crab (which are never raw) meat! And don't leave out the cream cheese, it's the best part I think.

Ingredients:

1 small handful of Sushi Rice
1/2 sheet Nori
some Crab Meat
some Avacado
some Cucumber
some Cream Cheese

Cost to Make (93¢ per roll)

11¢	Sushi Rice
11¢	1/2 Nori sheet (\$2.29 for 10 sheets)
50¢	Crab Meat (probably less actually)
10¢	Avacado (from \$1.49 avacado)
2¢	Cucumber (from 39¢ cucumber)
9¢	Cream Cheese (from \$1.99 block)

The California Roll Instructions:

1. Make the rice (a given, eh?).
2. Cover the bamboo mat in plastic wrap (so the rice won't stick to it).
3. Cut a piece of Nori (seaweed/algae) in two..
4. Cut up some avacado, cucumber and cream cheese.
5. Place the 1/2 nori sheet at the end (toward you) of the mat.
6. Spread a small handful of sushi rice on the nori sheet, leaving 1/4 of an inch on either side.
7. Shake on some sesame seeds.
8. Flip the whole thing over (the rice is sticky enough that it should be easy).
9. Place the sliced avacado, cucumber, cream cheese and crab meat along the middle of the roll.
10. Roll gently with even pressure.
11. Cut roll in half.
12. Align the 2 halves and cut twice so there's 6 even pieces.



Basic Ingredients

We'll need some crab meat, avacado, cucumber, cream cheese, sesame seeds, a sheet of nori, and of course some cooked sushi rice.

You'll also need a bamboo rolling mat that you will cover with some plastic wrap so the rice won't stick to it. And you'll also need a sharp knife to cut the rolls with.

Note: The California roll is popular with many because it contains no raw meat. Crab is usually cooked and flash frozen off the boat soon after it was caught.



Cut Nori Sheet in Half

You can buy sheets of Nori (dried seaweed (or more accurately dried algae)) in most well stocked stores, even the local chain store down the street in most places.

Cut a sheet of the Nori in 2 pieces. A whole sheet is way more than we need for just 1 roll..



Nori Sheets Ready to Go

Now we have two sheets of nori and are ready to make a California roll, or two..



Cut and Slice Vegetables

I peeled the skin off the cucumber, and then scraped out the seeds and guts with a spoon. Slice it into some strips.

Cut the avocado around and removed the pit. Then slice and cut the exterior skin off the avocado before cutting it into strips too..



Start Making the Roll

Wet your hands a little and add on some of the sushi rice, leaving 1/4 of an inch on each side. And I wouldn't add any more rice than it takes to make the rice 1/4 inch high. Any more than 1/4 inch high and you probably won't be able to complete the roll and close it..

Being a California Roll we pat the rice down and then sprinkle on some sesame seeds. Flip the roll over (as sticky as the rice is it's easy) so we can add the other ingredients..



Add the Filler Ingredients

We then add on the strips of cucumber, avocado and some crab meat.. I also used some cream cheese too, good stuff!

I **LOVE** cream cheese in a sushi roll! Very good stuff, mMmm..



Roll the Roll

Roll with an even pressure along the roll.

You don't need to squeeze or use a tight grip on the roll, just hold it firmly and roll nice and slow and easy..



Cut the Roll in Half

If all went well place the roll on the board and cut in two..



Cut Roll into 6 Even Pieces

Place the 2 chunks side by side and cut into 3 pieces, which should make 6 even sushi pieces.



California Roll is Ready to Eat!

Add a dab of wasabi, some soy sauce, and we're ready to chow down..

Note: The small can you see near the coffee machine is the "wasabi". You mix it 1 to 1 with some water to make the dough/paste you're used to getting on your sushi platter at a sushi bar. And just like the stuff at your favorite sushi bar this stuff is just mostly horseradish, and contains almost no real wasabi root.

While mixing up the 'wasabi' paste I made the mistake of trying to smell it to see if it was what I was used to.. And yes, it was. My eyes watered for at least 10 minutes after I got away from the stuff.. woo!

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