



## Summer Recipe(s) I

### Brown Rice Sushi with Dipping Sauce

Makes 2 to 8 servings or 2 rolls

- 2 sheets nori seaweed, toasted (called sushi nori)
- 2 cups pressure-cooked short grain brown rice, room temperature (recipe follows)
- 1/2 teaspoon pickled plum (umeboshi) paste
- 4 slices avocado, about 1-inch thick at widest point
- 4 strips cucumber, peeled, seeded, and cut lengthwise in strips
- 2 strips carrot or colorful sweet peppers, cooked ahead, or 2 strips roasted sweet peppers
- 2 green onion tops
- 1 teaspoon brown and/or black sesame seeds, toasted, for garnish

#### *Dipping Sauce:*

Makes 5 tablespoons

*FYI, Ohsawa Nama Shoyu (soy sauce) contains 140 mg less sodium per Tbsp. than the Eden brand!*

- 1 1/2 tablespoons natural soy sauce
- 1 1/2 tablespoons Japanese sweet rice cooking wine (mirin) or water

#### *Wasabi (Japanese Horseradish):*

Makes 1 tablespoon

- 1 tablespoon wasabi powder
- 1 teaspoon water

#### *Pickled Ginger*

1. Place a bowl of cool water next to your work area. Lay nori sheet horizontally on bamboo sushi mat, shiny side down. Moisten hands to keep from sticking, and transfer 1 cup rice to nori sheet. Press with fingers to spread rice over nori to edges on 3 sides and to within 1 inch of the far edge.
2. Spread umeboshi paste along bottom edge of rice. Lay vegetables over paste. Moisten top end of nori. Roll up fairly tightly from end nearest you, pressing with sushi mat while rolling, but trying not to touch the rice with your fingers or the mat. Press to seal nori. Place sushi roll on cutting board, seam side down. With a sharp knife, swiftly cut each roll into 8 rounds. Wipe knife clean with a damp sponge or cloth for ease in cutting. Serve garnished with seeds, and with dipping sauce, wasabi paste and ginger on the side.

*Variations:* Substitute thin strips of lightly cooked colorful vegetables in their seasons such as yellow summer squash, green beans or sugar snap peas. **For added protein, include marinated tofu or tempeh** cutlets or "bacon" (Tofurky Smoky Maple Bacon Tempeh are marinated strips), cut in strips, Japanese fermented soybeans (natto), or for fish eaters, some smoked salmon. Include Japanese green shiso when available.

***Inside-out Sushi:*** For a unique effect, after pressing rice on nori, turn nori over so rice faces down on a moistened cloth with a smooth surface (not terry cloth). Transfer cloth to sushi mat. Spread and lay filling ingredients on nori side, then roll sushi up with rice on outside and



filling on inside.

For 8 servings, per serving:

Calories: 119 Protein: 3gm Saturated Fat: 0.47gm Fiber: 2gm Carbohydrates: 22gm Fat: 2.83 gm

Cholesterol: 0 Sodium: 180mg

Calories from Protein: 9% Calories from Fats: 21% Calories from Carbohydrates: 70%

### **Pressure Cooked Short Grain Brown Rice with Sweet Brown Rice**

Makes 4 to 10 servings or 4 to 5 cups

2 cups short or medium grain brown rice, or 1 3/4 cups short grain with 1/4 cup sweet brown rice

2 1/2 cups water

3-inch piece kombu seaweed

Pinch sea salt

1. Rinse and drain rices. Place in pressure cooker with measured amount of water to soak for 1 to 8 hours, or until bubbles form. Drain soaking water into measuring cup. Note the amount and discard soak water. Add the same amount of fresh water to the pot with the rice, kombu and salt.

2. Bring to pressure, then turn heat to low to cook for 30 to 45 minutes. Fluff with a fork to serve.

### **Noodle Sushi**

Makes 2 to 8 servings or 2 rolls

2 quarts water

1/2 carrot or colorful sweet pepper, cut lengthwise in strips

1/4-pound bunch soft greens (watercress, arugula, spinach)

1/4 pound thin whole-grain Asian noodles (whole wheat somen, or 30%-40% buckwheat soba)

2 tablespoons marinated sushi ginger

2 sheets sushi nori

*Dip Sauce and Wasabi* (see preceding recipe and prepare sauce with 1 tablespoon each ingredient)

1. In a 4-quart pot, bring water to boil. Add carrot or pepper and cook until tender, about 5 minutes. Transfer to towel and pat dry. Add whole greens to pot and press to submerge. Cook until tender, 1 to 5 minutes, less for spinach. Transfer to towel and pat dry. Squeeze out liquid. Chop greens if they feel quite firm; otherwise, leave whole.

2. When boiling resumes, add noodles and cook until tender, 5 to 15 minutes depending on variety. Drain and immediately run cold water over noodles to stop cooking process. Drain noodles, spread on a towel and pat dry. Measure out 2 cups for use in sushi and set the rest aside.

3. To assemble sushi, place nori horizontally on sushi mat and lay 1 cup noodles on nori, spreading noodles to sides of nori, leaving 2 inches of space at the far end and 1 inch at the end



nearest you. (It doesn't matter if noodles are arranged in any specific fashion such as horizontally.) Place several strips of carrot or sweet pepper, greens and ginger across mid-section. Moisten far end of nori, roll sushi tightly, and squeeze roll to seal the end. With a sharp knife, cut sushi roll in 6 or 8 equal pieces.

For 8 servings, per serving:

Calories: 129 Protein: 5.4gm Saturated Fat: 0.03gm Fiber: 2.7gm Carbohydrates: 27gm Fat: 0.59 gm  
Cholesterol: 0 Sodium: 227mg

Calories from Protein: 16% Calories from Fats: 4% Calories from Carbohydrates: 80%

### Greens Sushi

Makes 2 to 6 servings or 2 rolls

*Preparing the whole bunch of greens at once saves time and energy because you have the cooked greens to use in a couple of dishes.*

Water

1/2-pound bunch hardy greens (kale, collard or mustard greens), midribs and stems discarded  
Colorful vegetable strips such as carrot, yellow zucchini, red, yellow or orange sweet peppers or daikon radish

2 sheets sushi nori

1/2 teaspoon umeboshi paste

1 1/2 tablespoons *Dip Sauce*, and *Wasabi* (see *Brown Rice Sushi* recipe)

1. Bring 2 inches of water to boil in a large wide pot. Add greens and press to submerge. Boil greens until tender and bright green in color, 5 to 10 minutes, more for collards. Add vegetable strips after a few minutes of cooking. Remove from pot with a flat strainer and allow to cool. Squeeze or pat dry. Makes 1 1/4 to 2 1/2 cups.

2. To assemble sushi, lay sushi nori on mat. Spread ume paste along bottom and lay greens and vegetables in horizontal pile to cover lower 3/4s of nori. Moisten top 1/2 inch of nori and roll up.

*Variation:* Add seasoned/cooked tempeh or tofu, sliced in strips

For 6 servings, per serving:

Calories: 32 Protein: 2gm Saturated Fat: 0.044gm Fiber: 3gm Carbohydrates: 6gm Fat: 0.63gm  
Cholesterol: 0 Sodium: 142mg

Calories from Protein: 24% Calories from Fats: 8% Calories from Carbohydrates: 69%