



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Sushi Bowls

I've used raw tuna, smoked salmon, and imitation crab in this, all with very good results. If you're using salty smoked salmon, reduce the salt in the rice mixture slightly.

4 servings

1⅓ cups rice, rinsed well

1⅓ cups water

¼ cup soy sauce

wasabi to taste, probably at least 2 teaspoons

4 teaspoons rice vinegar

4 teaspoons sugar

½ teaspoon salt

2 (8 by 7-inch) sheets nori, cut into strips 1½ inches long and ⅛ inch wide

1 avocado, pitted, flesh scooped from skin and cut into chunks 1 inch long and ¼ inch wide

1 cucumber, peeled and cut into matchsticks 1½ inches long and ⅛ inch wide

2 green onions, halved lengthwise and cut into strips 1 inch long

8 ounces sushi-grade fish

¼ cup sesame seeds, toasted

1. Rinse the rice. Place the rice and water in a medium saucepan and bring to a boil over high heat, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from the heat and let stand, covered, for 10 minutes.

2. Meanwhile, combine the soy sauce and wasabi in a small bowl. Combine the rice vinegar, sugar and salt in a separate small bowl and heat in the microwave on high for 30 to 45 seconds, until the sugar dissolves. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture. Fold and cut thoroughly to combine and coat each grain of rice with the mixture. Fan until rice is near room temperature. (If you use an electric fan, this will only take about a minute.) Do not refrigerate.

3. Combine rice, wasabi mixture, and remaining ingredients. Serve.