



# EDEN FOODS®

## SUSHI IN SIX STEPS

# The Art of Sushi

Sushi means vinegared rice. Sushi variation is unlimited. The ingredients chosen determine its taste, appearance, and how happy it makes people. Umeboshi plums, paste, and pickles brighten taste and freshness.



1



Put the smooth, shiny side of a nori sheet down on a sushi mat. Dip rice paddle in water. Spread 1 cup cooked rice over nori. Leave 1" at bottom, 3" at top, uncovered. Moisten paddle and press on rice to spread evenly.

2



Use a spoon or chopstick, make a shallow groove in the rice, near the center, and arrange the fillings and seasonings in rows across the rice.

3



Dip fingers in water. Place thumbs behind the sushi mat and hold the fillings in place with fingers. Begin rolling forward in a jelly roll fashion.

4



Continue, tucking nori over fillings, pulling mat back as you roll. Moisten fingers, wet nori end, and continue rolling. Wrap mat fully around roll and gently squeeze to seal. Firm up the ends by pressing with fingers.

5



Remove mat. Place seam of the roll down on cutting surface. Moisten knife before each slice for clean, even cuts to prevent tearing. Hold roll firmly, but do not squeeze. Slice in half with a gentle motion.

6



Moisten the knife before each slicing. Slice roll in half, then halve again, and again to get eight pieces of sushi.



Nori Rolls and Nori Maki are vinegared rice with cooked or raw fillings, rolled up in sheets of Nori seaweed. Most enjoyable finger food. Good Sushi may require a little practice, but it is easy. Here are some basics to get you rolling.

## What You Need



### Tools

EDEN Sushi Mat, bamboo rice paddle or large flat wooden spatula, large wooden bowl, sharp knife, cutting board, and a bowl of fresh cold water for moistening fingers and utensils.

### Ingredients

EDEN Nori or Sushi Nori  
2 cups Lundberg Organic Short Grain Brown Rice or Organic White Sushi Rice  
1 pinch EDEN Sea Salt  
2 Tbsp EDEN Organic Brown Rice Vinegar  
2 Tbsp EDEN Mirin

### Filling Suggestions

EDEN Umeboshi Plums or Paste  
EDEN Pickled Daikon Radish  
EDEN Pickled Ginger Slices  
EDEN Wasabi Powder  
EDEN Brown or Yellow Mustard  
EDEN Sauerkraut  
EDEN Shake (Furikake)  
EDEN Gomasio, or toasted sesame seeds  
EDEN Sliced Shiitake Mushrooms  
Fresh Raw Vegetables  
Avocado, Cucumber, Scallions, Red Bell Pepper  
Cooked Vegetables  
Carrots, Spinach, Watercress, Asparagus  
Deep-fried Tofu, Natto, Seitan, Tempeh, cooked or smoked seafood (not raw), etc.

## Preparing the Rice

### Pressure Cooked Short Grain Brown Rice

Wash 2 cups uncooked rice in cold water, rinse, and drain. Place in cooker with 3 cups water and a pinch of EDEN Sea Salt. Cover. When pressure is up full, lower heat and simmer 45 to 50 minutes. Turn off heat, allow pressure to come down, and let sit 10 minutes. Remove cover and place rice in a wooden bowl, smoothing out each spoonful with a gentle slicing motion to prevent clumping.

### Boiled Short Grain Brown Rice

Wash 2 cups uncooked rice, rinse, and drain. Bring 4 cups water, 2 cups rinsed rice and a pinch of sea salt to a boil. Cover, lower heat, and simmer 1 hour. Remove from heat, and let sit 10 minutes before placing in a wooden bowl.

### Boiled Short Grain White Sushi Rice

Bring 3 cups water, 2 cups rinsed rice and a pinch of sea salt to a boil. Cover, lower heat, and simmer 20 minutes. Remove from heat, and let sit 10 minutes before placing in a wooden bowl.

### Seasoning the Rice

Heat 2 tablespoons each of EDEN Organic Brown Rice Vinegar and EDEN Mirin. Pour evenly over cooked rice and gently fold into with a rice paddle or wooden spatula. Do not over mix. Cool to room temperature before making sushi. Hot rice will cause the nori to break after becoming too moist.

## Noodle Sushi

EDEN Japanese Soba noodles make delicious sushi, in place of rice. Divide one package of soba evenly into four bundles and tie one end securely with 100% cotton string. Place bundles in boiling water, gently combing through noodles with a fork to prevent sticking. Cook per package directions. Rinse and drain. Lay one bundle of soba across the nori, with tied end exposed off the sheet. Slice off the tied end. Carefully spread noodles out, leaving 1" at the bottom of the nori and 3" at the top uncovered. Add raw scallions, cooked spinach, or other fillings in a straight line across the width of the soba. Lightly moisten the top of the nori with fingers and roll in a jelly roll fashion like rice sushi. Slice roll into pieces with a moistened knife. Repeat until all soba has been rolled into sushi.



### Serving Sushi

Arrange sushi, garnished with EDEN Pickled Ginger, a wasabi pyramid, flowers, parsley sprigs, or cut vegetables. Serve with EDEN Sencha or EDEN Matcha organic green tea.