

# SUSHI

## Six Easy Steps



### Step 1

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

### Step 2

Using a spoon or chopsticks, make a shallow groove in the rice, near the center, and arrange the condiments and fillings in lengthwise rows across the rice.



### Step 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.

### Step 4

Continue rolling, tucking nori over the fillings, while pulling the mat back as you roll. Wet nori end with moistened fingers and continue rolling. Wrap mat completely around roll and gently squeeze to seal. Firm up ends of roll by pressing with fingers.



### Step 5

Remove sushi mat. Place roll seam side down on a cutting surface. Lightly moisten knife before each slicing for evenly cut sushi and to prevent tearing of nori. Hold roll firmly, but do not squeeze. Slice in half, using a gentle sawing motion.

### Step 6

Moistening the knife before each slicing, slice each half in half, then each quarter in half. Each roll makes eight equal-size pieces of sushi.



Practice makes perfect.

## the Art of Sushi

Sushi translated means vinegar rice. It can be simple or lavish, and variations are endless. Quality ingredients are essential and determine flavor, appearance, and texture. The use of umeboshi plums, paste, or pickles preserves freshness and delights with refreshing flavor.

The Wall Street Journal rated EDEN's Sushi Gift Basket "Best Overall" and said, "it had enough extra elements to provide hours of experimentation... the kit was impressive. Our rolls came out tight and attractive thanks to the sturdy mat and good color photo instructions."





## Ingredients

- EDEN® Nori or Sushi Nori
- 2 cups Lundberg™ Organic Short Grain Rice Brown 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 (Japanese Horseradish) Powder
- EDEN Brown or Yellow Mustard
- EDEN Sauerkraut
- EDEN Shake
- 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.

## Sushi Facts

Maki-sushi, Nori-maki, and Nori Roll are some names for vinegary rice rolled up in sheets of Nori sea vegetable with various cooked or raw fillings. Sushi requires a little initial practice, but it truly is easy. Here are some basic tips to get you rolling. Be creative. Variations are endless.

## Sushi Tools

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

## Pressure Cooked Short Grain Brown Rice

Wash 2 cups rice in cold water, rinse, and drain. Place in cooker with 3 cups water and a pinch of EDEN Sea Salt and cover. When pressure is up full, lower heat and cook 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 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 the flame, 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 the freshly cooked rice 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.

## Sushi Presentation

Arrange sushi on a plate attractively garnished with a small pile of EDEN Pickled Ginger, wasabi pyramid, flowers, parsley sprigs, or cut vegetables. It's customary to serve sushi with green tea. EDEN Sencha or EDEN Matcha powdered organic green tea are perfect.

## Noodle Sushi

EDEN Organic or Traditional Japanese Soba noodles make attractive sushi, in place of rice. Divide one package of soba evenly into four bundles and tie one end securely with 100% cotton string. Place the bundles in boiling water, gently combing through the 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 tied end and discard. Carefully spread the 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.

