

SUSHI



TOP 50 MOST DELICIOUS SUSHI RECIPES

Top 50

Most Delicious

Sushi Recipes

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A little about sushi

Sushi was first made in Southeast Asia and it has varied a lot in form throughout the years. Sushi is known as the traditional Japanese everyday food. The literal meaning for sushi is "sour-tasting", probably in referral to the history of its fermented origins. However, sushi is basically anything that is combined and doled out with sushi rice (sticky rice with rice vinegar). A lot of people confuse sushi with sashimi but sashimi is not sushi because it is not served with sushi rice.

The most famous kinds of sushi's are: **Maki-Sushi**: which is sushi that is rolled and wrapped in seaweed paper called **Nori**, occasionally it can be wrapped in something other than Nori, and it has 5 distinctive kinds of roll presentations. Then there is **Nigiri-Sushi** which simply means hand pressed into different shapes. Then we have **Chirashi** which is sushi rice served in a bowl with an assortment of toppings called "**gu**". There is also **Inari-Sushi** which is a pouch of fried tofu filled with sushi rice. And finally there is **Oshi Sushi** or **Hako-Sushi** which is sushi that has been pressed in a wooded box mold to retain a square form. Sushi has grown in popularity worldwide and so of course now the western world has its popular varieties of sushi as well.

Whether you are a beginner, or an expert in the delicious and exciting world of sushi; this sushi recipe book will expand your view and taste on the world of sushi. With 50 recipes containing every kind of sushi, everyone will be able to enjoy some homemade sushi. Remember, sushi is an art and takes time to prepare, but it's well worth the effort. If prepared correctly and the seafood you use is fresh or well packaged, sushi is a healthy dish, it may contain antibacterial properties and vitamins such as A, B6, B2 and Omega-3s. Enjoy these irresistible sushi recipes and be overwhelmed by their deliciousness!

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Sushi Rice

Quick & Easy Sushi Rice

If you are in the mood to make sushi rice in a traditional way but following a simple and easy recipe then here is the recipe for you.

Yields: 4 cups

Ingredients:

2 cups water, plus extra for rinsing rice
2 tablespoons sugar
1 tablespoon kosher salt
2 tablespoons rice vinegar
2 cups sushi or short grain rice

Method of Preparation:

1. Take a mixing bowl and pour in 2 cups of sushi rice and then cover the rice with cool water and swirl it around. The water will turn a little white in color; carefully pour out the water leaving the rice in the bowl. Repeat this process around 3 times until you swirl the rice in the water and the water remains clear.
2. Use a medium saucepan and pour in the drained rice plus 2 cups of water and put it over high heat.
3. Leave the sauce pan uncovered until it starts to boil, as soon as it starts to boil cover and reduce the heat to the lowest setting.
4. Allow 15 more minutes for the rice to cook then turn off the heat and do not take off the top but leave the rice covered for 10 more minutes.
5. Use a small bowl and combine the sugar and the rice vinegar, warm it in the microwave or in a small saucepan then mix it.
6. Use a glass or wooden mixing bowl and spoon the all the rice in.
7. Fold the vinegar mixture into the rice thoroughly making sure that all the rice is well combined with the vinegar.
8. Allow time for it to chill before using it to make your sushi.

Traditional Japanese Sushi Rice

If you want to have the Sushi rice that you only get at top Sushi restaurants here is a recipe that discloses “Top Secrets” from Japanese Sushi chef and expert. Even if you see that this recipe varies from most sushi rice recipes out there just follow it to a bone and you will be proud of the results. True, it is more time consuming to prepare and has its tricks but this is for those who want to go all out with their rice.

Yields: about 4 cups of cooked rice

Ingredients:

2 cups of water (preferably bottled water)

2 cups of Japanese short grain white rice (do not purchase the pre-washed rice for this recipe)

Kombu (4 x 6 inch dried seaweed)

For rice seasoning:

1/2 teaspoon salt

4 tablespoons plain Japanese Rice Vinegar (do not use seasoned rice vinegar)

Sake (optional great when added)

4 tablespoons Sugar

Supplies

Hangiri (a Japanese mixing bowl great for mixing and cooling sushi rice)

Method of Preparation:

1. Use a heavy non-stick pot with a good lid for to make the rice.
2. Place the 2 cups of rice in a mixing bowl and fill the bowl almost to the top with water. Then use your hand and gently swirl the rice around to remove the starchiness from it.
3. After a few swirls the water will turn white drain the water and use a sieve to not lose any rice place the rice back in the mixing bowl and repeat this process at least five to six times. The final rinse of the rice should render clear water.
4. Allow the rice to sit in the sieve for about 10 minutes or so before continuing with the next step.
5. Place the rice in the heavy non-stick pot and add in the 2 cups of bottled water minus 2 tablespoons which you will replace with 2 tablespoons of Sake. (Hard or soft tap water, or sulfur well water can affect the essential taste of sushi rice which is why you use bottled water)
6. Take the Kombu and lightly wipe it off and place it in the rice.
7. Place the pot with the rice aside to soak for about 20 minutes this is so the rice turns very “white”, the results are that the rice will have a better texture and will be shinier.
8. Turn on the heat to high and bring the rice to a boil as soon as it starts boiling put the lid on and reduce the heat to low. Cook for 15 minutes and then turn off the heat.
9. Once you have turned off the heat (Do not take off the lid to check you rice at all during this time) let the rice sit and steam for the next 20 minutes.
10. Remove the lid and use a wooden rice paddle to fluff the rice lightly. Cover with lid again and go to prepare the rice seasoning.
11. To make the rice seasoning: use a small sauce pan and place the 4 tablespoons of rice

vinegar, the 4 tablespoons of sugar and mix. You can place the small saucepan over low heat for about 10 to 20 seconds to help dissolve the sugar into the vinegar but it must be done with extreme care as to not over heat the vinegar (over heating can alter the taste of the vinegar), as soon as it is heated pour it into a small mixing bowl and mix it a bit more.

12. You may start mixing the rice seasoning together while the rice is steaming, and periodically mix it to help the sugar dissolve well and so when the rice is ready so will your rice seasoning be ready as well.
13. To combine rice with rice seasoning: Take the Hangiri, while your rice is steaming (if you are not able to get a Hangiri use a good wooden bowl) and fill it with cold water and a splash of rice vinegar. (This helps the bowl to get cold and prevents the rice from sticking to it).
14. When the rice and rice seasoning is ready, empty out the water from Hangiri or Wooden bowl (do not dry bowl leave damp), remove the Kombu from the rice (do not mind if the Kombu left a brownish stain) and pour the rice in the Hangiri or bowl.
15. If by any chance rice has stuck to the bottom of your pot do not scrape out the stuck rice because this rice tends to be crispier and harder and is not suitable for sushi rice.
16. Use a wooden spoon and gently spread the rice around and carefully go pouring the rice seasoning all over the rice.
17. Take a hand fan or piece of cardboard (or point an electric fan) and gently cool the rice while you continue to mix in the rice seasoning, use a side to side cutting motion with the edge of the wooden spoon as you mix the rice. All the rice should stay well coated.
18. This procedure helps the liquid of the seasoning evaporate faster while you thoroughly mix it in and also helps the rice by shiny, have a good consistency sticky but not too mushy. It is a bit tricky to do but you'll get the hang of it with practice.
19. Allow the sushi rice to come down to room temperature before making your sushi.
20. While the sushi is cooling over the hangiri or wooden bowl with a damp clean kitchen cloth or tea towel to prevent the rice from drying out when you start making the sushi.
21. Give yourself a pat on the back you have made a pros' sushi rice.

Rice Cooker Sushi

Here is a sushi rice recipe for those who want to use their rice cooker and make sushi rice as simply and easily as possible. This recipe only uses 3 ingredients and still renders great results.

Yields: 6 cups

Ingredients:

3 cups (use measuring cup of rice cooker) of medium grain pre-washed rice

1/3 cup of seasoned rice vinegar

3 1/4 cups of water (preferably use the water mark that marks 3 on the rice cooker)

Method of Preparation:

1. First put the 3 cups of rice in the rice cooker.
2. Then add in the water until it reaches the 3rd mark.
3. When the rice is done button will pop up and light change to "warm."
4. Leave the rice 15 more minutes in the cooker without opening the lid so it can steam.
5. After the rice has steamed transfer to a glass or wooden mixing bowl
6. Slowly go pouring the seasoned vinegar over the rice while tossing it with a rice paddle. Be careful to not mash the rice.
7. All the rice should be thoroughly (yet thinly) coated with the vinegar and look shinny.

Popular Western Sushi

Philadelphia Roll

It is said the Philadelphia Sushi roll or "Philly roll" got its name because of the Philadelphia brand cream cheese that is used in the roll. It grew in popularity in the 1980s and now is among one of the most popularly ordered Sushi rolls in America. Here is a nice recipe for you to prepare this tasty roll in an easy way from the comfort of your home.

Yields: 2 serves

Ingredients:

8 ounces cream cheese
3 ounces smoked salmon strips
2 English cucumbers
1 green onion finely sliced
2 pieces toasted Nori (sushi grade seaweed)
1 cup cooked sushi rice

Method of Preparation:

1. Take the cream cheese and cut it in lengths that are about $\frac{1}{4}$ of an inch thick.
2. Peel the cucumbers leaving a shade of green and cut it in strips (lengthwise) that are about $\frac{1}{4}$ of an inch thick.
3. Take your bamboo mat and place one of the Nori sheets on it, shiny side down.
4. Gently cover the Nori sheet with sushi rice (have a small bowl with water and a drop of rice vinegar and dip your fingers in it, your fingers should be moist but not wet so that you do not drip water on the rice) gently go pressing the rice on to the Nori sheet with your fingers. Leave 1 & $\frac{1}{2}$ inch of the top lengthwise part of the Nori sheet bare. (The side farthest away from you)
5. Place the 1 $\frac{1}{2}$ smoked salmon strips length wise on the center of the rice then top the salmon with $\frac{1}{4}$ inch sticks of cream cheese and then place 2 cucumber strips beside the salmon and cream cheese.
6. Sprinkle the green onion over the cream cheese and cucumber.
7. Start folding the side of the mat that is closest to you over, use even pressure while centering your ingredients; tighten the roll by pressing and pulling on the bamboo mat. (Use your fingers to hold things in place)
8. Once you have rolled it until the part of the Nori sheet that is not covered with rice tightens the roll by pulling the covered part of the roll with one hand and tugging the other part of the mat in the other direction with your other hand.
9. Finish the Philadelphia roll by rolling the last part of the uncovered Nori and then tighten the roll with the mat. Hold it still for a few seconds to allow it to seal.
10. Use a very sharp serrated blade to cut it into slices.

British Columbia Roll

Perhaps you are one of those who are still not completely fond of eating raw fish yet like the flavor of Sushi rice, if so then this is the perfect Sushi recipe for you. It uses delicious grilled salmon and is a great sushi for out door gatherings. The “BC” or British Columbia sushi is said to have gotten its name from the fact the British Columbia is well known for their wild Pacific Salmon, the BC roll has many variations and here is a special one for you.

Yields: 4 serves

Ingredients:

2 cups of cooked Sushi rice
3 oz of salmon filet
1/2 red bell pepper
1 small green onion
3 Nori sheets
Wasabi powder
Soy sauce
Pickled ginger

Method of Preparation:

1. Very slightly season the salmon filet and place it on a hot grill pan. Grill each side for about 1 minute to a minute and a half; remove for heat and allow it to chill.
2. When the salmon is chilled to room temperature cut it into thin strips.
3. Next cut the red pepper and into very thin matchstick strips (about 0.5 cm thick).
4. Slice the green onion very thinly.
5. Make a smooth paste of wasabi by mixing about 1 tablespoon of wasabi with a few drops of water.
6. Put the Nori sheet on a bamboo rolling mat make sure that the shiny side is facing downward.
7. Cover the Nori sheet with the prepared sushi rice (make a thin layer, don't make it too thick).
8. Leave 2 ½ cm of the Nori sheet bare lengthwise at the top (the side further away from you).
9. Place some of the wasabi paste in a line lengthwise in the center of the rice.
10. Add in the salmon strips, and then the thin red bell strips, sprinkle green onions on the top.
11. Roll your sushi a little at a time compressing gently until all is rolled well.
12. Take a very sharp knife and cut into slices.
13. Serve with soy sauce, pickled ginger and wasabi.

Hawaiian Roll

A very popular sushi roll in Hawaii is the Hawaiian roll and there are several varieties or versions of it. This is a roll that you enjoy when eating out or ordering in; here is a lovely recipe for you to try at home. Surprise your guest with this lovely treat that looks sophisticated and tastes delicious.

Yields: 2 servings

Ingredients:

½ Avocado
7 oz of Crab stick
½ teaspoon of lemon juice
½ cucumber
1 cup of cooked Sushi rice
1 Nori sheet
8 oz of Sushi Grade fatty Tuna

Method of Preparation:

1. Start by cutting the cucumber into thin long strips.
2. Then cut peel and core the avocado and also cut it into very thin strips, then squeeze lemon or lime juice over it to prevent it from browning.
3. Use a very sharp knife to slice tuna. Slant the knife at a bit of an angle before cutting each slice, carefully hold the sides of the tuna together while slicing. Each slice should be about 2 millimeters thick.
4. Prepare the bamboo mat by covering it with saran wrap.
5. Spread the Sushi rice on the rough side of the Nori sheet. Carefully flip the Nori sheet over so that the rice is on top of the saran wrap.
6. Lay the cucumber strips, crab sticks and avocado strips on the middle of the Nori sheet.
7. Start rolling the bamboo mat from the edge.
8. While you are rolling it gently squeeze it to make sure that everything is firm and coming together.
9. When you are done open the bamboo mat and remove the saran wrap and place the roll on the cutting board.
10. Start covering the roll with the tuna slices slightly layering them so that one overlaps the other.
11. Cover the roll with a new piece of saran wrap and then place the bamboo mat on top of the roll.
12. Squeeze the roll gently all across to make the slices of tuna look like one big long slice. (Be careful to not smash the tuna slices.)
13. Use a small bowl and pour water and a little rice vinegar in it. Then take a clean kitchen towel and dip it into the vinegar and water mixture; squeeze the kitchen towel and use it to wipe a very sharp knife.
14. Cut the roll into slices, every time you will cut a new roll wipe the knife with the damp kitchen towel.

Rainbow Fresh Roll

The name Rainbow Sushi Roll is give to sushi rolls that have the common characteristic of having different colored topping (usually 4) on the sushi roll. This roll is not only very appealing to the eye but also great for those who want to taste different flavors on the same roll.

Yields: 4 serves

Ingredients:

2 dried Nori sheets (8x7 inches)
2 cups of cooked Sushi Rice
6 cooked, sweet shrimp (butterflied)
1 tablespoon spicy mayonnaise (for sushi)
3 teaspoons of flying fish roe (tobiko)
1/4 Japanese cucumber
4 asparagus spears
Pinch of wasabi paste
4 slices or 5 oz sashimi-grade ahi tuna
4 slices or 5 oz sashimi-grade yellowtail
4 slices or 5 oz sashimi-grade salmon
1/4 large ripe avocado
Hot chili sauce (Sriracha), for serving

Method of Preparation:

1. Ready the ingredients to start assembling the roll.
2. Peel the cucumber remove the seeds and cut it lengthwise into thin strips
3. Steam, cool and then cut the asparagus into very thin strips.
4. Take the cooked sweet shrimp, peel and de-vein it.
5. Make sure the tuna and salmon slices are sliced around 3 ½ x 1 inches diagonally
6. Slice the avocado into 8 very thin slices. Squeeze lime juice on it to prevent it from turning a brownish color.
7. Place 1 Nori sheet on a bamboo mat that has been covered with plastic wrap. Make sure that the shiny side is downward.
8. Moisten your hands in water and start spreading 1 cup of sushi rice in an even layer over the Nori sheet. (Leave ½ an inch border on the top long side of the Nori sheet without rice.)
9. Carefully turn the Nori sheet covered with rice onto the plastic wrap, making sure to leave the same long side positioned close to you.
10. Take a small bowl and place the shrimp, 1 teaspoon of fish roe and 1 tablespoon of spicy mayonnaise and toss to coat.
11. Now arrange the shrimp in a horizontal line in the middle of the Nori sheet.
12. Place half of the asparagus and cucumber strips over the shrimp.
13. Raise the edge of the plastic wrap closest to you and carefully start rolling, press gently on the plastic in order to form a good tight roll. Hold the bamboo mat in position and press it to make sure the roll holds firm.
14. Lift the top of the mat and roll so that the part of the Nori without rice closes the roll.

Press the roll once again to secure a nice shape.

- ~~15. Remove the plastic wrap from the roll get ready to place the toppings on it.~~
16. Start covering the roll from left to right: first lay the tuna, then the avocado, then the yellowtail, once again the avocado then the salmon and repeat the sequence until the end of the roll. (Make sure each slice slightly over laps the other.)
17. Now take a piece of plastic wrap and cover the roll and then place the mat on top, and gently tuck and grip the roll to make it firm.
18. Repeat the entire process to make 2 rolls.
19. Use a very sharp knife to cut the rolls into slices.
20. Place a little bit of fish roe over each slice of sushi.
21. May serve with a sprinkle of hot sauce or spicy mayo or both.

Vegetarian Sushi

Place a flare of oriental high nutritional value on your plate with these great veggie roll. Veggie rolls aren't only full of vitamins they are also very tasty and aesthetically look great. Serve these up and impress your friends they are so good even the meat eaters will want to gobble these up.

Yields: 10 rolls

Ingredients:

5 cups of cooked sushi rice
5 Nori sheets (halved)
2 cucumber
2 small red onion
2 Avocado
2 plum tomato (remove seeds)
20 asparagus spears (trimmed and blanched)
1 romaine lettuce heart
sesame seeds for sprinkling (optional)
wasabi paste for spreading and serving (optional)
pickled ginger for serving (optional)
Japanese Mayo (optional)

Method of Preparation:

1. Place a half Nori sheet rough side facing up grab ½ cup of sushi rice and spread the rice evenly up to the edges when done sprinkle with sesame seeds (optional).
2. Peel the cucumber and slice into thin long sticks.
3. Thinly slice the red onion, avocado, tomato and lettuce (use a vegetable peeler for the avocado)
4. Peel the tough ends of the asparagus and cut in half
5. Shred the lettuce in long strips
6. Carefully flip over the Nori if desired spread some wasabi paste in a line arrange the pieces of all the vegetables in a tight pile and proceed to roll the sushi.
7. Slice the rolls into 4 to 6 pieces for the serving use pickled ginger and more wasabi or Japanese Mayo (optional)

Californian Roll

In the 60s many Japanese chefs migrated to the USA in search of fortune. Los Angeles, California was one of the first places to have a sushi bar and the Californian roll was born. It is said that to make the sushi roll more appealing to Americans the roll was made inside out to disguise the Nori, the roll soon grew in popularity and is still served around the world nowadays.

Yields: 8 appetizer servings

Ingredients:

Juice of 1/2 lemon
1 medium avocado
4 sheets nori
4 cups of cooked sushi rice
1/3 cup of toasted sesame seeds
1 small cucumber
4 crabsticks
Pickled ginger
Wasabi
Soy sauce

Method of Preparation:

1. Peel, core seed out and slice the avocado into slices that are about ¼ inch thick. Take the lemon juice it over the avocado.
2. Peel and deseed the cucumber then cut it into tiny match sticks.
3. Tear the crabsticks into pieces
4. Take a bamboo mat and cover it with plastic wrap.
5. Carefully cut the Nori sheets into halves (crosswise).
6. Place a cut Nori sheet shiny side down on the mat.
7. Run your fingers under water before you start spreading the rice to prevent the rice from sticking to your fingers.
8. Spread ½ a cup of rice evenly over the Nori sheet then sprinkle the rice with sesame seeds.
9. Turn the Nori sheet over so that the rice side is down on the plastic wrap
10. Lay 1/8 of the avocado slices, cucumber sticks, and crab pieces in the middle of the Nori sheet.
11. Grab the edge of the bamboo mat that is nearest to you, use your fingers to keep the fillings in place, and start rolling forming a tight cylinder with the mat.
12. Pull off the mat with plastic wrap and cover the roll with a damp towel until you have repeated the process making 8 rolls.
13. Cut each roll with a very sharp knife into 6 pieces.
14. Serve with wasabi, soy sauce and pickled ginger.

Spider Roll

The spider roll is quite a popular roll and there are various forms of serving it up; some like to use the legs of the crab as adornment on one of the rolls, it is really up to you. This recipe is wonderful because it goes for flavor and taste, and you are free to garnish as you wish.

Yields: 6 to 8 rolls

Ingredients

1/8 avocado
1/2 cup sushi rice
2 cups tempura batter
1 Soft-shell Crab
1 Nori sheet
2 tablespoons spicy mayonnaise

For the tempura batter:

A few ice cubes
1 whole egg beaten
1 cup all purpose flour
1 to 2 cups seltzer
1/2 cup cornstarch

For the spicy mayonnaise:

1 teaspoon shallot (chopped)
2 teaspoons cayenne pepper
1/2 clove garlic
2 teaspoons seasoned rice vinegar
2 teaspoons chili paste
3 tablespoons lime juice
1 teaspoon miso paste
1 1/2 cups vegetable oil
3 egg yolks

Method of Preparation:

1. To make the tempura batter: Start by placing all the dry ingredients into a mixing bowl.
2. Then stir in the egg, once you have stirred in the egg pour in 1/2 cup of the seltzer (whilst stirring with the other hand) once stirred in pour in another 1/2 cup stir again and then the other 1/2 cup. Check to see that with the seltzer you have poured in the batter has a consistency of un-whipped heavy cream if not add in 1/2 cup more of seltzer.
3. Take a few cubes of ice and stir them into the batter to keep it very cold.
4. To prepare the crab: start by preheating oil to about 350 degrees F.
5. Carefully dip the crab into the tempura batter, remove and put it to fry until it turns golden brown.
6. Once it is done remove it from the oil and place the crab to drain on paper towels. Cut the crab in thirds.

7. To prepare the spicy mayonnaise: pour the shallot, cayenne pepper, ½ clove of garlic, ~~seasoned rice vinegar, chili paste, lime juice, miso paste and the 3 egg yolks~~ into the blender and blend. Then slowly in a thin line (while the mixture is still blending) go adding in the oil to go forming the mayonnaise.
8. To make the roll: place the Nori sheet on the bamboo mat, spread the rice over it, then add the crab, the avocado and finally the spicy mayonnaise.
9. Roll (can roll it in a jelly roll fashion) slice and garnish as desired

Mango Roll

The fusion of Oriental flavors and Latin flavors can be something grand and in a way that is what the mango sushi roll is. This recipe represents creative mixtures of both types of cuisines and is a tasty treat to serve out to your friends and loved ones.

Yield: 4 rolls

Ingredients:

For the shrimp mixture:

1 egg, beaten
1 cup panko breadcrumb
12 large shrimps (deveined)
1/4 cup flour
oil for deep frying

For tartar sauce:

2 Tbsp finely minced onion
1 egg (boiled peeled & chopped very finely)
4 Tbsp mayonnaise
2 Tbsp finely minced pickle
Very thinly shredded cabbage
Salt and pepper

For the roll:

1 mango
1 avocado
Black sesame seeds
1/4 cup passion fruit sauce
8 ounce block of cream cheese
2 Nori sheets 8x7 (halved)
2 cups of prepared sushi rice

Method of Preparation:

1. To make the shrimp: remove the shells and heads from the shrimp (do not remove tails).
2. On the stomach side of the shrimp make a few incision and then straighten by pressing lightly on the back of the shrimp.
3. Use a sharp knife to cut the edge of the shrimp tails and remove any dirt with the knife. The use some paper towels to pat dry the shrimp
4. Lightly coat the shrimp in flour and then dip it in egg and the coat it in the bread crumbs
5. Take a deep frying pan pour in oil and pre-heat the oil to about 340 to 360 degrees F.
6. Fry the shrimp until it is browned and then put it to drain.
7. To make the tartar sauce: use a small bowl to mix all the tartar sauce ingredients. Make sure everything is combined well, season with salt and pepper as desired.
8. To prepare the mango roll: Peel the mango and then cut out thin strips that are about 1/2 an inch wide.

9. Peel, core and cut the avocado into thin slices as well. Squeeze lemon juice on the avocado to prevent it from browning.

10. Take the cream cheese and cut into 8 strips.
11. Wrap the bamboo mat with plastic wrap and place the Nori sheet on it. Cover the Nori sheet with half a cup of rice.
12. Carefully turn the Nori sheet over placing the rice on the plastic wrap side.
13. Arrange the fried shrimp and tartar sauce in the middle of the Nori sheet.
14. Then place the strips of cream cheese (2 strips per roll) and the strips of mango.
15. Use the bamboo mat and start rolling, use your fingers to help hold filling in place until rolled in.
16. Once you have finished rolling place the roll on a cutting board and top the roll with a layer of avocados place a piece of plastic wrap over the roll and then place the bamboo mat over it; gently grip the roll to set the avocado over the roll. Remove mat and wrap.
17. Sprinkle the roll with black sesame seeds and drizzle a few teaspoons of passion fruit over.
18. Slice with a very sharp knife (wipe knife in a clean moisten towel before cutting each slice)

Michigan Roll

Looking for a simple yet spicy and very tasty roll? Well the Michigan roll is just the roll you are looking for; by the way it is quite a popular roll in some sushi bars in America. It is simple to make and serve, great for light lunches or even to serve when having guests over.

Yields: 2 rolls

Ingredients:

Block of sashimi tuna around 6 oz (can use sashimi trimmings)

Spicy Tuna Filling

1 scallion

½ red bell pepper

½ Avocado

1 ½ cup of prepared Sushi rice

2 Nori sheets

Wasabi

Japanese Mayonnaise

Smelt Roe (Masago) or Sriracha Sauce

Method of Preparation:

1. To make the spicy tuna filling: take the block of tuna and dice it into very small dices about 2x2cm small. Place in a mixing bowl
2. Then thinly slice the scallion and add it to the tuna
3. Take a small mixing bowl and add 2 spoons of Japanese mayonnaise and mix it with a splash of Smelt Roe or Sriracha Sauce (as desired remember these are very hot and spicy mix thoroughly and add it to the tuna mix.
4. Stir the tuna mix and make sure everything is well combined
5. Thinly dice the red pepper
6. Then slice the avocado and sprinkle lime juice over it.
7. Place the Nori sheet on a plastic covered bamboo mat shiny side down and then spread 1/3 of the amount of sushi rice width wide over 2/3 of the Nori sheet.
8. Flip the Nori sheet over so that the rice is on the plastic covered mat.
9. Place the spicy tuna mix in the middle of the Nori sheet (spread it around 1/3 wide in the middle) then sprinkle the red pepper over it and place the strips of avocado.
10. Roll it up starting with the side that is nearest to you, when you have finished rolling it gently tighten your grip up and down the roll to a help everything set.
11. Repeat entire process for second roll.
12. Then wet a sashimi knife and slice each roll into 8 pieces.

Dragon Roll

This roll is a favorite amongst many because all the ingredients are simply perfect together. Here is a simple way to make what seems like a very complicated roll into a simple roll. A nice tip is to leave the tail of one shrimp uncut and sticking out of the end of the roll to resemble the end of a “dragon's tail.”

Yields: 6 rolls

Ingredients:

12 Pre-cooked frozen shrimp tempure (preferably from Trader Joes)

About 3 cups prepared sushi rice

3 Nori sheets (halved)

1 Japanese cucumber

3 avocados

½ lemon

⅛ cup (20oz) Tobiko

Unagi (eel)

For toppings:

Spicy Mayo

Black sesame seeds

Unagi Sauce

For spreading sushi rice:

Vinegar water for dipping hands (Tezu)

¼ cup water

2 tsp. rice vinegar

Method of Preparation:

1. Take the Japanese cucumber and peel is slightly leaving bits of green peel. Then cut it in thin long strips.
2. Slice the avocado in half lengthwise all around the seed gently give it a few small twists and open the seed should come out easily.
3. Carefully remove the skin off each half of the avocado. Now thinly slice the avocado width wise.
4. What you want to do now is spread the sliced avocado like when you are opening an accordion, to do this gently go pressing the slices on the top with your fingers (this should start spreading them nicely) then use the knife to gently press on them until they are evenly spread to the length of the Nori sheet. Squeeze lemon juice all over the arranged slices to keep them green.
5. Take the bamboo mat and wrap it with plastic wrap and place the cut (halved) Nori sheet on it, shiny side down.
6. Dip your fingers into the vinegar water (tezu) take your measuring cup and moisten the inside of it with the vinegar water to prevent the rice from sticking to it. Then place ½ cup of rice on the Nori sheet and start spreading the rice over it with your fingers.

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