

Chirashi-Zushi

Can also be called Gomoku-zushi. Vinegared sushi rice can be mixed or garnished with a variety of ingredients. "Chirashi" literally means to scatter. (Sushi at Home by Kay Shimizu)

Make sushi rice: Wash and soak 3 cups rice with 3 cups of water. Cook in rice cooker. One hour after starting rice cooker, turn rice out into a bowl and pour 1 recipe of "su" over it. Gently fold the rice over and fan to cool.

Recipe for "su":
½ cup rice vinegar
½ cup sugar
2 tsp. salt
Heat in microwave to dissolve sugar. Set aside until rice is ready.

Ingredients to prepare for garnishes:

Egg strips: 1 egg
dash salt
2 tsp. sugar
Cook in non-stick frying pan, with a little oil or PAM, making a thin omelette to slice into strips.

Shiitake: Soak dry black mushrooms. Cut off stems. Cook in shoyu and sugar and a little mirin. Slice into thin strips.

Sugar peas: Parboil with a little salt in water. Slice into thin strips.
(frozen petite peas can be used instead)

Carrots can be cooked after being cut into flower shapes or strips of carrot can be cooked with a little sugar and salt and kids can cut later.

Shrimp: You can use raw prawns, boiled in salt water. Precooked baby salad shrimp are easier, cheaper and milder flavored for children.

Nori strips: Take ajitsuke nori and cut into little strips with scissors.

Red pickled ginger: Buy already prepared and cut into strips.

Bamboo strips: Chop or slice canned bamboo tips, boil with shiitake water, sugar and shoyu. Omitted this for Nakayoshi since other dishes had bamboo shoots and it doesn't add any color.

Broiled eel: Omitted for Nakayoshi. One recipe had bamboo shoots and eel mixed into the rice. I tried this but the canned eel is expensive \$7.25/7 oz. and is mushy, strong tasting and fishy. It broke up into the rice and looked very messy. I think it would be good to serve the frozen teriyaki unagi on the side. It has a better texture and sweeter taste kids like.