

## Spiral Sushi

This makes 1 roll, cut into 8 pieces.

2 ½ cup sushi rice

2 sheets nori

1/5 medium carrot

5 green beans

1 tablespoon red or pink pickled ginger

4 dried shiitake mushrooms, reconstituted in 1 cup of water

1 tablespoon mirin

1 tablespoon sake

2 tablespoons soy sauce

We also used canned bamboo shoots for the kuma class and fried egg strips for color

Lightly toast the nori.

Parboil the carrot and slice into matchsticks.

Parboil the green beans.

Simmer shiitake in mirin, sake and soy sauce until liquid is absorbed. Cut into ½ “ slices. Join 2 sheets of nori by dampening the adjacent edges and overlapping them about ½ inch. Place this double sheet on a rolling mat. Part of the nori will extend beyond the mat. Spread the rice evenly over the nori (shiny side down), leaving about ¼ inch of nori showing on both ends. Arrange each ingredient in rows at even intervals across the bed of rice. Then roll the sushi up “like a sleeping bag” so the nori will look like a spiral when cut. Moisten the last edge with water before completing the roll. Slice into 8 pieces with a very sharp wet knife, wiping the blade clean with a damp towel after each cut.

Recipe adapted from: Vegetarian Sushi Made Easy by Fukuhara and Takahata  
From: Cathy Nakamura, Cooking teacher at Nakayoshi Gakko

