

California Roll

PREP TIME: 25-30 MIN | COOK TIME: 20 MIN | SERVINGS: 4

INGREDIENTS:

- 1 cup sushi rice
- 1 Tbsp sugar
- 1/2 tsp salt
- 2 Tbsp + 2 tsp rice vinegar
- 3-4 Tbsp Japanese mayonnaise
- ~6 pieces imitation crab meat
- 1 avocado
- 1/4 of an English cucumber
- 2 sheets toasted sushi nori (roasted seaweed sheets)
- 3 tsp sesame seeds (optional)

RECIPE NOTES:

- Skip shredding the crab/mixing with mayo to save time and just add the stick of crab!
- Want to save more time? Substitute crab with canned tuna and mix with mayo and sriracha to make a spicy tuna roll.
- To make it vegetarian, skip the crab and add extra cucumber and avocado.
- No sushi mat? Use parchment paper instead!

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California Roll

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DIRECTIONS:

Rice:

- Cook rice according to package directions. In a small pan over low heat, dissolve the sugar and salt in the rice vinegar. Pour evenly over rice and fold gently with a wooden spoon to mix. Cover with a wet towel to prevent drying.

Prep:

- In a bowl, shred crab meat with 2 forks. Mix in 3-4 Tbsp mayo. Taste and season with a pinch of salt if necessary.
- Cut 1/4 English cucumber into matchsticks (this is called a "julienne" cut).
- Cut avocado in half, then remove the pit. Scoop out with a spoon and cut into thin slices.

Assembly:

- Place sushi mat on countertop. Lay a piece of plastic food wrap on top. Cut nori sheets in half with clean scissors or a knife. Place 1 nori sheet, rough-side up, on top of plastic wrap at the bottom edge nearest you. Wet both hands with water. Take about 3/4 cup of rice and form a ball, then gently spread the rice evenly across the whole nori sheet. Sprinkle sesame seeds on top of the rice.
- Carefully flip it over so the rice is facing down. Spread 1/4 of the crab mayo mixture across the middle of the nori sheet. Add 4-6 cucumber slices and 3 slices of avocado on top. (Don't overstuff it.)
- Line the nori sheet up with the bottom edge of the sushi mat closest to you and tightly roll. Don't squeeze too hard.
- Cut the roll by lightly wetting knife with a wet towel. Serve immediately.

California Roll Bowl

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PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVINGS: 4

INGREDIENTS:

- 3 cups cooked sushi rice (made from 1 cup dry rice)
- 3-4 Tbsp Japanese mayonnaise
- ~6 pieces imitation crab meat OR 1 can tuna
- A pinch salt
- 1 avocado, sliced
- 1/4 of an English cucumber
- 3-4 sheets of seaweed snack, crumbled
- 3 tsp sesame seeds (optional)

DIRECTIONS:

- Make rice according to package directions.
- In a bowl, shred crab meat with 2 forks (skip if using tuna). Combine shredded crab or tuna and mayo. Taste and season with a pinch of salt if necessary.
- Cut 1/4 English cucumber into matchsticks. Remove pit from avocado and cut into thin slices.
- Scoop sushi rice into a bowl and top with crab or tuna mixture, cucumber matchsticks, and avocado slices.
- Sprinkle sesame seeds and crumbled seaweed snack on top and enjoy!
- Refrigerate leftovers and enjoy within 3 days.



RECIPE ADAPTED FROM
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