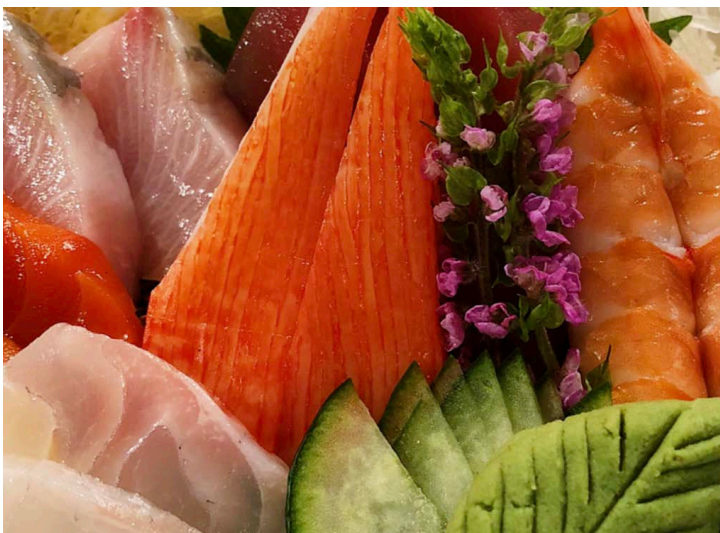


CHARASHI SUSHI BOWLS



SERVINGS: 4

PREP TIME: 30 minutes

COOK TIME: 50 minutes

NUTRITION: *The nutritional information includes the prepared recipe as written but not the optional ingredient suggestions.*

Calories: 242 | Carbohydrates: 37g | Protein: 7g

Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 3g

Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 82mg

Sodium: 1213mg | Potassium: 298mg | Fiber: 2g

Sugar: 14g | Vitamin A: 143IU | Vitamin C: 1mg

Calcium: 29mg | Iron: 1mg

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INGREDIENTS & DIRECTIONS:

SEASONED RICE

1 ½ cups Sushi Rice, cooked according to package

3 Tablespoons Unseasoned Rice Vinegar

2 Tablespoons Granulated Sugar

½ teaspoon Kosher Salt

Directions:

1. Once you've cooked your rice, mix vinegar, sugar and salt together and sprinkle over rice.
2. Stir gently and leave to cool until ready to serve.
3. *Note, seasoning the rice is optional. Also, if you have kombu seaweed, you can add a chunk to the rice while it cooks to add more authentic Japanese flavor.

CUCUMBER SALAD

1 Cucumber, very thinly sliced

¼ cup Rice Vinegar

1 teaspoon Granulated Sugar

Directions:

1. Combine sliced cucumber, vinegar and sugar and let sit until ready to use, up to 4 hours.
2. Drain cucumber before adding to dish.

SWEET SEASONED SHIITAKE MUSHROOMS

1 cup Shiitake Mushroom, sliced ¼"

2 Tablespoons Mirin (sweet Japanese cooking wine) or 1 teaspoon Sugar and 1 Tablespoon Water

1 Tablespoon Soy Sauce

1 teaspoon Vegetable Oil

Directions:

1. Toss all ingredients with mushrooms and add to a small non-stick pan.
2. Cook gently on medium low until the liquid is almost evaporated.
3. Let cool, then use for topping dish.

JAPANESE OMELET

2 Eggs
1 teaspoon Sugar
pinch Salt

Directions:

1. Beat eggs well with sugar and salt.
2. Preheat a large pan on medium, oil very lightly
3. Pour in eggs to make a paper thin omelet. Allow to set, (about 1 minute), flip and continue to cook (about another 20 sec.)
4. Cool slightly, roll onto a plate.
5. Once it is room temperature, roll and slice it into strips.

CHIRASHI SUSHI DRESSING

2 Tablespoons Mirin or 2 teaspoons each sugar and water
2 Tablespoons Soy Sauce
2 Tablespoons Rice Vinegar
1 Tablespoon Vegetable Oil
1 Tablespoon Green Tea or Water

Directions:

1. Mix all ingredients together and lightly spoon over arranged Chirashi bowls.

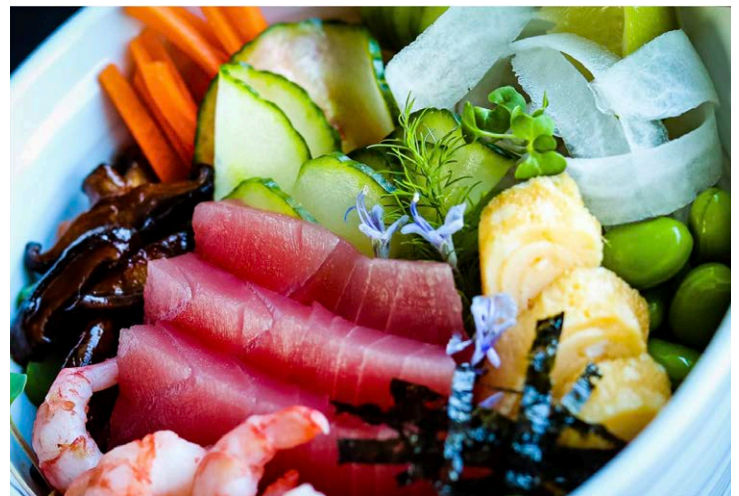
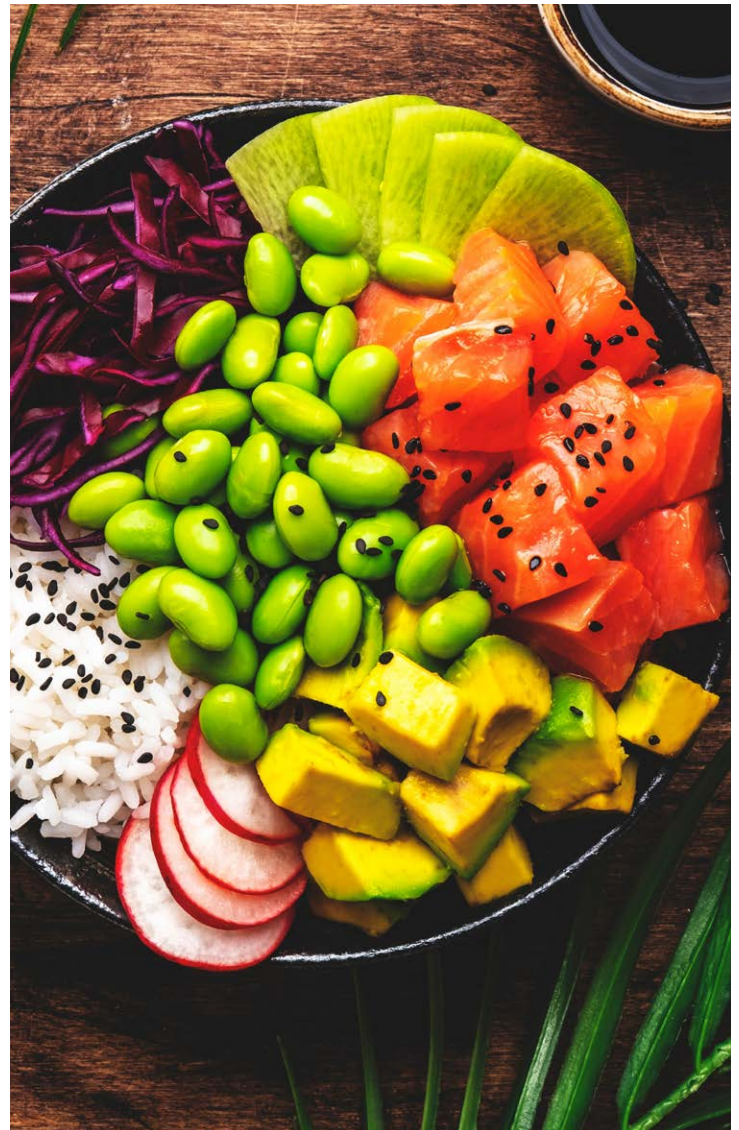
The list of toppings and garnishes below are provided for you to choose whichever you prefer.

TOPPINGS

Cooked and shelled edamame beans
Wakame or Nori seaweed
Carrots – thinly sliced, shredded or julienned
Daikon (Japanese radish) – thinly sliced, shredded or julienned
Red cabbage
Blanched snap peas
Fried Tofu
Sushi grade raw seafood or bits of cooked seafood (i.e. shrimp, salmon, tuna, crab, octopus) – thinly sliced, 3-4oz.

GARNISHES:

Black & White sesame seeds
Wasabi
Pickled ginger
Shiso leaves or microgreens
Sliced scallions
Sesame seeds
Avocado, sliced
Lemon slices – 4
Ikura (salmon roe) – 2oz.
Lotus root – thinly sliced
Mint or Cilantro
Edible flowers such as shiso or thyme flowers



ASSEMBLY:

1. Fill the bottom half of your bowl with 1 cup of rice.
2. Artfully arrange your chosen toppings and garnishes on top and gently spoon a few teaspoons of dressing over any unseasoned toppings
3. Serve with additional soy sauce for dipping if desired. Enjoy!