Ingredients:
- 2 cups short grain rice
- 4 sheets nori (Japanese seaweed)
- 2 avocados
- 2 cucumbers
- 6 oz. crab meat
- 4 oz. smoked salmon
- 1/2 cup cream cheese
- 3 tablespoons sugar
- 1/2 tablespoon salt
- 4/1 cup sushi vinegar
- Sesame seeds as needed
- Soy sauce, pickled ginger, wasabi as needed

Procedures:
1. In a large pot, wash the rice three to four times. Add 2 cups of water, and bring it to a boil over high heat. Cover and cook over low-medium heat for 10 minutes. Remove from the heat, and let it stand for 10 minutes.
2. In a small container, combine rice vinegar, sugar, and salt, and warm the mixture in a microwave for 15 seconds to dissolve the sugar and salt.
3. Transfer the rice to a large bowl. Sprinkle the seasoned vinegar over the rice and mix. Cover the rice with a damp towel to keep it moist.
4. Cut the avocados and cucumbers into 1/3 inch slices.
5. Lay a sheet of nori on plastic wrap, and spread 3/4 cup of the rice evenly onto the nori sheet.
6. Place your filling on the front 2/3 of the front side. Holding the bottom edge of the nori and plastic wrap, roll the sushi tightly into a cylinder. Continue to roll it forward, and let it sit for a while.
7. Cut the roll in half, and then cut each half into 3 to 4 pieces. Serve the sushi with pickled ginger, wasabi, and soy sauce.