Japanese: Sushi Roll

Cook time: 30 min.  Prep time: 20 min.  Yield: 4

Ingredients:
Sushi Rice:
✓ 2 cups short grain rice
✓ 2 cups water
✓ ¼ cup prepared Sushi vinegar (or 3 T. sugar + ½ T. salt + ¼ cup rice vinegar)

Filling:
✓ 4 sheets nori (Japanese seaweed)
✓ 1 avocado
✓ 2 cucumbers
✓ 6 Tbsp. crab meat
✓ 8 slices of smoked salmon
✓ 1/2 cup cream cheese
✓ Sesame seeds, Soy sauce, pickled ginger, wasabi as needed

Procedures:
1. Wash the rice three to four times – drain.
2. In a large pot, add rice and 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.
3. Transfer the rice to a large bowl, and sprinkle the sushi vinegar on top. Fan the rice, and mix until the liquid has been absorbed and cooled. Cover with a damp towel to keep it moist.
4. Cut the avocados and cucumbers into 1/3-inch slices. Prepare the other fillings.
5. Lay a sheet of nori on plastic wrap, and spread ¼ cup of the rice evenly onto the nori sheet.
6. Place the items of your filling on the 2/3 of the rice – on the side closest to you. 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 about 3 minutes.
7. Cut the roll in half, and then cut each half into 3 to 4 pieces. Sprinkle sesame seeds.
8. Serve with pickled ginger, wasabi, and soy sauce.