



## Sushi Meshi

Homemade sushi takes awhile to make, but it's well worth the effort. Thanks to Esther Lesoing for this time-tested family recipe favorite.

1 2/3 cups sushi rice

### **Rice seasoning:**

1/2 cup rice wine vinegar

1 Tbs. salt

1/3 cup sugar

### **Filling** (all ingredients peeled and sliced in matchsticks about 1/2" thick):

1 cup mushrooms

1 ripe avocado

1 large carrot

1 large cucumber

### **Sauce** for mushrooms and carrots:

1/2 cup soy sauce or tamari

4 Tbs. sugar

Sheets of toasted Nori (seaweed) for wrapping

You will need a bamboo rolling mat (available at Asian grocery stores).

1. First, cook 1 2/3 cups sushi rice according to the package directions. Set aside. Now prepare the seasoning for the rice. Combine rice wine vinegar, salt, and sugar in a small saucepan. Bring ingredients to a boil; stir until salt and sugar are dissolved. Stir into the cooked sushi rice; set aside.

2. Prepare the ingredients for your sushi filling. Slice the cucumber, mushrooms, carrot, and avocado in 1/2" thick matchsticks.

3. Prepare the sauce. Combine soy sauce and sugar in a medium saucepan. Bring to a boil and dissolve sugar; add carrots and mushrooms. Cook until slightly tender.

4. Place a sheet of Nori on the bamboo rolling mat. Spoon a thin layer of the sushi rice on the Nori sheet, leaving a 1/2" border around the outside. Place filling ingredients over the rice layer as pictured.



5. Using the bamboo mat, roll your sushi log. Trim the ends and slice the sushi log. Serve with wasabi paste or dipping sauce.