

# CALIFORNIA ROLLS

## Ingredients:

625 ml	cooked short grain sushi rice (250+250+125)
30 ml	rice wine vinegar
15 ml	sugar
2 ml	salt
2 sheets	Nori (seaweed paper)
3 chunks	imitation crabmeat
1/4	avocado
1/2	2 "piece of cucumber cut into thin sticks
5-10 ml	Japanese mayo
15 mL	soya sauce (for dipping) optional
5 mL	toasted sesame seeds (for garnish) optional

## Method:

1. Combine the vinegar, sugar and salt in a custard cup and stir till sugar is dissolved. Heat in micro for 45 secs. Mince up the crab pieces and add just enough mayo to hold it. (5-10 mL)
2. Put your portion of cooked rice in your medium bowl and drizzle your vinegar mixture all over. Use your spatula to cut it into the rice. Then spread the cooked rice out on a jelly roll pan and fan the rice to cool it down and evaporate the liquid. When it is cold and sticky, its ready.
3. Lay the seaweed paper shiny side down on the bamboo mat. Spread out half of the rice mixture in small amounts on the paper and gradually using your wet fingertips spread it out all over the paper except for the last 5cm on the edge. Leave this empty so you can seal it with water later. Use a wet fork to spread the rice gently and evenly if you have trouble using your fingertips.
4. About 1/3 of the way in spread a thin line of mayo down and then lay down the cucumber sticks, then crab mixture, then avocado. Sprinkle with sesame seeds if desired. Fold the front flap of the wrapper up and over the filling ingredients so they are covered and then use the bamboo mat to help roll the sushi, pressing firmly as you roll. (Do the 4 roll bench technique shown during the dem!)
5. When you get to the other end rub a little water on the seam of the seaweed paper to seal all of the ingredients in. Remove the roll from the bamboo mat and slice into pieces with a sharp knife. Be sure to wipe the knife well between cuts.