

# Recipe

## **Sushi for Beginners**

Makes 5 Rolls (2-3 people)

### **Ingredients List:**

2 cups Short or medium grain rice  
½ cup Rice Vinegar  
1 TSP Salt  
1 Package Roasted Seaweed Sheets  
2 Carrots (whole)  
1 Cucumber  
1 Avocado  
1 Cream Cheese Block  
Soy Sauce (for dipping)  
Wasabi Sauce (for garnish or enhanced flavor)

### **Materials List:**

Cooking pot (for preparing rice)  
Large Mixing Bowl, Small bowl  
Rolling Mat  
Sharp, non-serrated knife  
Cutting board

### **Steps:**

- 1 – Gather ingredients and materials.
- 2 – Cook the rice. Bring 4 cups of water to a boil in the cooking pot. Add 2 cups of rice to boiling water. Keep rice at low boil, reducing heat and stirring periodically. Remove rice from heat when all water has been absorbed by the rice. Transfer rice to large mixing bowl and place into refrigerator to cool.
- 3 – Prepare sushi fillers.
- 4 – Load sushi roll. Place a seaweed sheet on the sushi roller, shiny side down.
- 5 – Roll the Sushi.
- 6 – Cut the sushi into pieces.

### **Additional Notes:**

---

---