
Secrets of Sushi Date Prep

Tools and Supplies:

- Cutting Board
- 3-4 Small Plates
- 3-4 Small Bowls
- Sharp Knife
- Vegetable Peeler
- Paper Towels
- Sauce Bottles
- Bamboo Rolling Mat (Makisu)
- Seaweed Sheets (Nori)
- Short/Medium Grain White Rice
- Unseasoned Rice Wine
- Vinegar
- Sugar
- Salt
- Cast Iron Skillet
- Tongs

Eel Sauce:

- 1 cup soy sauce
- 1 cup Mirin
- ½ cup sake
- 2/3 cup sugar
- 4 Tsp Dashi (fish soup stock)
- 2 Tbsp water
- 1 Tbsp cornstarch
- Medium cooking pot

Garlic Mayo:

- ½ cup Kewpie mayonnaise
- 2 Tbsp honey
- 1 Tsp lemon juice
- 1 Tsp garlic powder
- ½ Tsp Shichimi Togarashi (Japanese 7-Spice)

California Roll:

- 2 cups sushi rice
- 1 cup heavy mayonnaise
- 4 seaweed sheets
- 1 cucumber
- 1 avocado
- Crab salad
- Toasted sesame seeds (black or white)
- Masago (optional)

Futomaki Roll: (*Vegetarian*)

- 10-12 asparagus stalks
- 1 avocado
- 1 cucumber
- 1 carrot
- 2 cups sushi rice
- 2 seaweed sheets
- 1 Tamago block
- Garlic mayonnaise
- Sesame seeds (optional)

Caterpillar Roll:

- 10 white shrimp (with shells)
- 1 bamboo skewer package
- 2 cups all-purpose flour
- 2 cups sushi rice
- 1 large egg
- 1 cucumber (sliced)
- 1 avocado
- 2 seaweed sheets
- Eel sauce