



**o/b Ah-So Fine Foods Inc.**

**#116 – 4026 Meadowbrook Drive, London, Ontario N6L 1C6**

**Tel: (519) 652-8533 Fax: (519) 652-8517**

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**Memo: Super Food event at University of Waterloo**

Date: 5-7 p.m. Thursday, Oct. 22, 2015

**Featured Sushi Rolls:**

**1) Muti-Grain Rice Vegetarian Sushi Maki**

**INGREDIENTS:** BROWN RICE, BLACK RICE, CUCUMBER, AVOCADO, DRIED ROASTED SEAWEED, SUSHI VINEGAR PICKLED GINGER, WASABI AND SOY SAUCE, SESAME SEEDS

**2) Muti-Grain Rice Spicy Sushi Maki**

**INGREDIENTS:** BROWN RICE, BLACK RICE, IMMITATION CRAB FLAKES, CUCUMBER, DRIED ROASTED SEAWEED, SUSHI VINEGAR PICKLED GINGER, WASABI AND SOY SAUCE, SESAME SEEDS

**Recipe for Making Multi-Grain Sushi Rice:**

1 cup of Brown Rice - Nutrition Facts: 160 Calories per 1/4 Cup(45g), 33g Carbohydrates, 3g of protein  
1.5g of Fat (0 Trans Fat)

1/3 cup of Black Rice - Nutrition Facts: 160 Calories per 1/4 Cup(45g), 33g Carbohydrates, 4g of protein  
1.5g of Fat (0 Trans Fat)

- Mix the two grains in a rice cooker

- Wash the mixed grains with cold water 3 times until there is no murkiness in the water

**1 - Cooking Directions:**

**Rice Cooker:** Please add the cold water as suggested by the rice cooker Manufacturer but our recipe ratio of rice to water is 1 cup of Multi-grain rice to 1.5 cups of water.

**Stove Top cooking for 2 cups:**

1. Put 3 cups of cold water into a pot and rinse lightly
2. Let it stand for 30 minutes
3. Cover pot and bring it to boil over medium heat
4. Reduce to low heat, simmer 25 minutes or until water is absorbed
5. Remove from heat, let it stand covered for 15 minutes then ready to use

## **2 - Mixing Cooked Multi Grain rice with Sushi Vinegar(Mitsukan Brand 12)**

using cooked Multi Grain rice while the rice is still warm, add 1/4 cup of Sushi Vinegar for every 1 cup Multi Grain rice. mix it in a flat non stick Bowl or large pan, using a mixing spoon to mix the rice and sushi vinegar but do not crush the grains.

## **3 - Preparing the vegetables**

### 1 - English Cucumbers #1s

1. Peel off the plastic wrapping on the cucumber
2. wash using a soft cloth in a cold water, dry off any excess water
3. cut one end off, at the thickest end first
4. measure the length of the long side of the seaweed sheet then cut the cucumber to match the seaweed length
5. cut the cucumber in strips in 4 quarters length way
6. cut off cucumber core that has seeds, eliminating all moisture as possible
7. further cut the cucumber into 3 smaller strips ( therefore, for every long cucumber you should have 12 sticks of cucumber



### 1 - Soft Avocado ( when selecting by squeezing the ripened avocado only if avocado gives in)

1. wash using a soft cloth in a cold water, dry off any excess water
2. using a knife cut the avocado in 4 quarters with a peel on
3. by grabbing the tip of avocado peel back the avocado skin off ( If you picked the perfectly ripened avocado this step should be easy)
4. the seed should come off fairly easily of the body of avocado
5. further cut the avocado quarter cut into 4 equal slices without breaking them
6. now you should have 16 slices of avocado (this is based on 14-16 count size avocado)
7. you can purchase this size from Costco - usually 5 in a bag



#### **4 - Preparing to make Sushi Rolls(with sushi rice on the outside)**

1. Prepare the rolling mat. Cover the rolling mat with plastic wrap.
2. Lay a piece of nori(seaweed) on the rolling mat, shiny side down.
3. Place a ball of sushi rice (about the size of a baseball) on the nori.



4. Spread the rice over the nori evenly. Rice should spread about half a centimetre over the nori.



5. Turn the nori over, so the rice is facing the rolling mat (this is why the rolling mat is covered with plastic wrap).
6. Place the fillings(this pictures shows ingredients for California Roll) in the middle of the nori.



7. Using the rolling mat, begin to tightly roll the maki. Start at the side nearest to you, and roll away from you. Bring the bottom of the nori to about the middle of the nori, apply pressure so that the ingredients do not fall out.



8. Continue to apply pressure to the middle point and roll the remainder of the roll.



9. When the maki is completely rolled, use the rolling mat to squeeze the maki so it does not unroll when you are trying to cut it.



10. Place rolled maki on the edge of the sushi mat and shape it with your hand. Shape roll so that the ends do not have anything sticking out of them.



11. Sprinkle sesame seeds on top of the roll.
12. Cut to 8 - 10 pieces using a sharpen 9 inch Chefs knife.
13. using cold water in between cuts so that you can a clean cut through the rice.



14. e.g.) White rice Vegetarian Roll.

15. Please enjoy your Sushi, condiments are very important part of Sushi experience.
  - Gari - pickled ginger (usually consumed between different types of Sushi to cleanse your pallet)
  - Wasabi - Japanese horse radish (green food colouring added) often mixed with soya sauce for dipping the Sushi Rolls
  - Enjoy - Arigato!