

Brown Rice Veggie Sushi

FOR SUSHI RICE:

2 C (15 oz/450 g) brown rice
water for cooking rice
1 T natural cane sugar
2 t rice vinegar (brown or white)

While rice is cooking, combine sugar and vinegar in a small saucepan. Warm over low heat until the sugar dissolves, about 5 minutes. Remove from heat and set aside.

In a large bowl add cooked rice and lightly fold in vinegar/sugar mixture with a plastic or wooden spoon. Let cool to room temperature, but do not refrigerate.

FOR FILLING:

a selection of:

- shredded carrot
- thinly cut celery strips
- thin strips of dates
- avocado slices
- thinly sliced cucumber
- sprouts
- other vegetables of your choice

OTHER INGREDIENTS:

-4 sheets sushi nori (thin 7" x 8" / 18 x 21 cm sheets of toasted seaweed)
¾ C (6 oz/180 g) pickled ginger
2 tablespoons wasabi paste (or 4 teaspoons wasabi powder blended with 2 tablespoons water)
Low sodium soy sauce or tamari

TO ROLL SUSHI:

Place one nori sheet on top of bamboo sushi mat. Spread about 1/4 of the rice evenly over the nori, leaving a 1/2-inch (1.25-cm) strip bare along the two long sides. About 1 inch (2.5 cm) from the edge of the rice nearest you, lay the vegetables end to end. Roll up the nori, first rolling the mat over away from you, and pressing to shape the roll. Roll up without catching the edge of the mat. Moisten the bare edge of nori with a little water and press against the roll to seal. Repeat for each additional roll.

With a sharp, wet knife, slice each roll into 1" (2.5 cm) pieces. Sprinkle with sesame seeds as desired. Serve with side plates of pickled ginger, wasabi and soy sauce on the side. Provide small dishes or bowls where wasabi and Ponzu (or soy sauce) can be mixed for dipping the sushi in.