

Layered California Roll Sushi

For a 9x13 pan/dish: cook 4 cups of short grain Japanese rice. Turn out into large bowl or sushi-oke (that is what is used to cool and season sushi rice).

Season with sushi vinegar... use any recipe (I will include one at the end of this) or buy the vinegar already made up (powder or liquid works just fine). I just sprinkle the seasoned vinegar on using a tablespoon at a time... stir by lifting and folding over (not mashing)... then taste to see if there is enough flavor. (use 1/2 cup to 2/3 cup vinegar mixture for mild flavor... 3/4 to 1 cup for stronger vinegar flavor.)

Decide whether you will make separate crab and avocado layers or combine in one. If you are doing separate layers, spread 1/3 of rice in pan, pressing down as much as possible. Layer on one large can of (good quality) crab moistened with a little mayonnaise or shred up fake crab (one package?) w/ mayo... you can use as much as you want to cover the rice area somewhat evenly. (I have even used a combination of the can and shredded fake crab when I didn't seem to have enough.)

Put another 1/3 of the rice over crab and press down slightly. Layer chopped up avocado (small chunks)... 2 to 4 avocados depending on their size. If you really wanted to be exact about it you could slice the avocado thin and carefully place them down slightly overlapping but it really isn't necessary to do all that. I then sprinkle a little bit of sushi vinegar over the avocado to keep it from turning brown too fast. This adds more flavor to it too.

Layer last 1/3 of rice and try to cover all the avocado. Press down as much as possible. I have found that a smaller cutting board that I have is the same size as the opening of the pan so I top the rice with waxed paper, place the cutting board on top then put anything kinda' heavy on it (like a pot) for a couple of hours if I have that much time... usually I am too last minute to do it for very long.

You can serve it in the pan by sprinkling furikake (about 1/2 jar of shredded seasoned seaweed; buy at Japanese food store) on top. You could also flip it over and out onto a platter if you first put waxed paper in the pan before you put your first layer of rice. Sprinkle furikake over top and sides... looks kinda' like a cake. This is very impressive looking.

If you are pressed for time just put 1/2 the rice in the pan, layer the crab then the avocado directly on the crab and then the other 1/2 of the rice... finishing off like the first example.

It is really very easy so don't let these directions scare you off. I have even done smaller ones in a loaf pan or smaller pan... think I started off with 2 1/2 cups of rice then. Try it and let me know how it turns out, okay? You can also give me a call :-)! Home: 909) 599-0216, cell: 626) 622-8256

Sushi vinegar:

3/4 c. white vinegar

3/4 c. sugar

2-3 tsp. salt (adjust to taste, I used 1/2 tbsp)

Heat ingredients in small saucepan over low heat until salt and sugar are dissolved. Cool and fold into the hot rice being careful to keep rice grain whole. Allow rice to cool... fan and cool immediately. Rice is ready when cool to the touch for any sushi recipe.

That's all folks! Enjoy!! From Grace Inouye 06/09.