



do it at home

SUSHI GUIDE

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INGREDIENTS

- ▲ sushi rice
- ▲ rice vinegar
- ▲ granulated sugar
- ■ ▲ sheets of nori
- fish of choice*
- ▲ fresh veggies of choice**
- ▲ soy sauce

TOOLS

- pot or rice cooker
- ▲ ■ sushi mat
- ▲ ■ sharp knife
- mandoline slicer (optional)

click to buy!

KEY

- ▲ best to buy at grocery store
- best to buy on Amazon
- best to buy from local Asian/Japanese grocer

- * our favorites are salmon, tuna, or crab sticks
- ** get creative! My go-to's are carrots, cucumber, green onion, jalapeno, avocado, sweet potato, or asparagus. See the next page for more inspo!

but above all, make SURE your fish is labeled as "sushi grade"!!

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cook the rice

- cook 2 cups sushi rice according to regular directions
- once cooked, stir in 1/2 cup rice vinegar and 1/4 cup of sugar
- once disintegrated, let rice cool

slice the veg

- using a sharp knife or mandolin slicer, cut all veggies and toppings into small, thin slices (see p.4)
- arrange veggies onto a “mise en place” and put back in fridge to keep crisp

cut the fish

- cut into thin slices and put back in fridge to keep cold

ROLL IDEAS

philly roll

smoked salmon, cream cheese, cucumber, red onion, everything but the bagel seasoning

rainbow roll

all the veggies!

red pepper, cucumber, scallions, asparagus, carrots, and tuna

spicy roll

crab sticks, jalapeno, spicy mayo, cream cheese, scallion, carrots

shrimp tempura roll

try throwing some frozen breaded shrimp into your air fryer and add to your roll. The world is your oyster! errr.. shrimp?

ROLL IT

1

Set up your mis en place of prepped veggies, cooled rice, toppings, and fish. Set up your sushi mat and place one sheet of Nori on top. Fill a small bowl with water and place to the side.

2

Dip your fingers in the bowl of water, then scoop out sushi rice and flatten all over the nori. Rice should cover the entire sheet except for a 1/2 inch strip at the top.

3

Take 2 pieces of your fish of choice and arrange into one line in the bottom third of your mat (see p.4). Follow the same pattern with veggies, adding on top of your first line of fish.

4

When finished, use your fingers to wet the top section of bare nori—to make it sticky when you finish rolling. Then, take the bottom of your sushi mat and pull up toward the top, tucking in your fish and veg. (think Chipotle burrito style!)

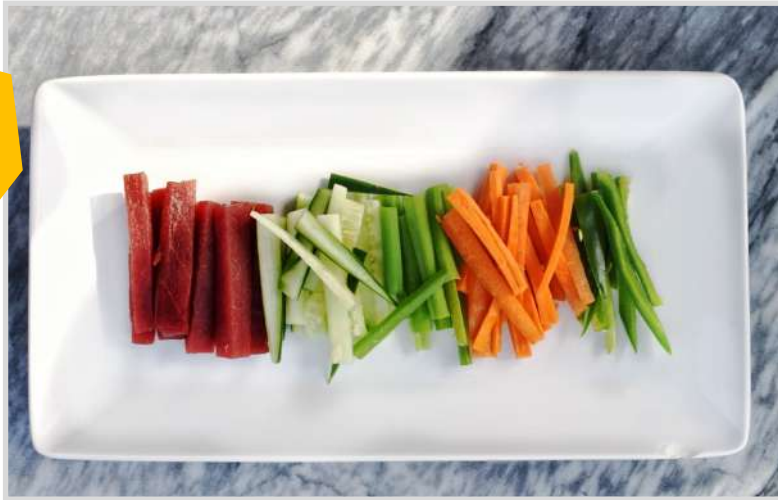
5

Roll all the way to the top, keeping insides tucked & tight. Seal the roll with your slightly wetted nori at the top, & give 'er one last squeeze. Cut into pieces by making a sawing motion & *gently* pressing a sharp knife into the roll. Waa-lah!

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SEE IT

1



2



3



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4



5



FINISHED!

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