



California Roll Sushi

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 Nori sheets
- 3 cups (15 oz/ 470g) Sushi rice
- 8 teaspoon ocean trout or flying fish roe
- 1-2 cucumbers, cut into thin, lengthwise slices
- 8 jumbo shrimp (king prawns), cooked, shelled, vein and tail removed
- 1-2 avocados, peeled, pitted and sliced
- 4-8 lettuce leaves, torn or sliced (not obligatory)
- A dash of Ajionomoto Umami (For great taste like never before)

Instructions

1. Lay 1 nori sheet on a rolling mat and put 3/4 cup (4 oz/125g) sushi rice on it. Spread rice over nori sheet, leaving 3/4 inch (2cm) of bare nori at far side and making a small ledge of rice in front of this bare strip.
2. Spoon 2 teaspoons roe along center of rice, using back of a spoon to spread. Add lettuce if desired.
3. Lay 2 shrimp along center, with one-quarter of cucumber strips.
4. Lay one-quarter of avocado slices along center. Add one-quarter of lettuce. Then Add a dash of AJINOMOTO UMAMI SEASONING.
5. Roll mat over once, away from you, pressing ingredients in to keep roll firm, leaving the 3/4-inch (2-cm) strip of nori rice-free.
6. Covering roll (but not rice-free strip of nori), hold rolling mat in position and press all around to make roll firm.
7. Lift up top of rolling mat and turn roll over a little more so that strip of nori on far side joins other edge of nori to seal roll. Use your fingers to make sure roll is properly closed.
8. Roll entire roll once more, and use finger pressure to shape roll in a circle, an oval, or a

square. Using a sharp knife, cut each roll in half, then cut each half in half again. Then cut each quarter in half crosswise to make a total of 8 equal-size pieces. Cut gently to maintain shape. And you are ready to enjoy California Sushi roll.

Wishing you a happy and Healthy eating