

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Chirashi Sushi—Sushi in a Bowl

Chirashi Sushi is loved as much for its presentation as for its flavor, lightness and ease of preparation.

Makes 3-4 servings

My basic plan of action:

Pour boiling water over the dried shiitakes to reconstitute them. Let them sit for 30 minutes.

Rinse and soak the rice. Let it sit in water for 30 minutes.

Prepare carrot flowers.

Prepare the Shredded Egg Crêpes.

Rinse the rice once again and cook it.

Slice the shiitakes thinly and cook them with the seasoned soaking water.

Let the cooked rice sit.

Slice the cucumber, avocado and scallions and any other vegetables you will be using.

Prepare the optional wasabi paste.

Fold the seasoned vinegar into the rice.

Divide the rice between individual bowls.

Top the rice with the egg crêpe and toasted and thinly cut nori.

Artfully arrange the prepared garnishes and a few slices of pickled ginger.

Serve and enjoy.

Carrot Flowers

Years ago at a Japanese cooking class in Berkeley's local Korean restaurant ;-)

I learned to make carrot flowers—very easy to do with a sharp knife.

And, it isn't necessary to peel the carrots if they are organic.

Divide the carrot in half. Use your sharpest knife to remove 4 to 5 v-shaped strips along the length of each half. After you remove the strips, thinly slice the carrot. Blanch the flowers in boiling water for about 1 minute and cool them quickly in ice water. Drain and dry.

Seasoned Shiitakes

Although the rehydrated and thinly sliced mushrooms are traditionally cooked with sugar,

I have chosen to leave the sugar out of the recipe.

½ ounce dried organic shiitake mushrooms

2/3 cup soaking liquid from the mushrooms

2 tablespoons mirin

4 teaspoons soy sauce (*or* tamari for gluten-free)

Bring 1¼ cups of water to a boil. Put the shiitakes in a small bowl along with the hot water. Soak the shiitakes for 30 minutes or until soft. Remove them from their soaking liquid and cut off the stems as close to the caps as possible. Discard the stems. Thinly slice the caps.

Combine 2/3 cup of the soaking liquid with the mirin and soy (or tamari) and place in a small sauté pan over medium-high heat. Add the sliced mushrooms and cook for about 7-10 minutes or

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until the liquid has evaporated. Set the mushrooms aside while you prepare the rest of the vegetables.

Note: these mushrooms are highly flavored—better for eating with the sushi as they are a bit salty on their own.

Shredded Egg Crêpes (*Kinshi Tamago*) Once again I've left the sugar out of the recipe.

1 egg
Pinch of salt

In a small bowl, use chopsticks (or a fork) to beat together the egg and salt till well mixed.

Place a non-stick omelet pan, or a very lightly oiled regular omelet pan over medium-low heat (so as not to brown the crêpe). Pour in half the egg mixture and move the pan so the egg evenly covers the bottom of the pan. Cook the egg until just set. Use a chopstick to loosen the edge of the crêpe and flip it over to cook the other side. Remove to a cutting board. Repeat the process with the remaining egg mixture.

Stack the egg crêpes on top of each other. Roll them into a tight roll. With a sharp knife, cut the crêpes into thin strips. Use your fingers to loosen and separate the strips.

The Best Sushi Rice

Amazing how much the rice changes from one stage to the next. . .enjoy!

1 cup short-grain sushi rice
3 cups water for soaking
1 1/8 cups water for cooking
Pinch salt
1/3 cup "lite" seasoned rice vinegar

Rinse the rice in a strainer under cold running water until the water runs clear. Place the rice in a bowl and cover with 3 cups of water. Let the rice soak for 30 minutes.

Pour the rice into a strainer and rinse again till the water runs clear. Shake the strainer to remove any extra water from the rice. Put the soaked rice in a 2-quart pot along with 1 1/8 cups of water and a pinch of salt. Bring the water to a boil, cover the pot and reduce the heat to the lowest possible setting. Cook for 20 minutes. Turn off the heat and let the rice sit for 15 minutes.

Place the rice into a non-metal container such as a large ceramic casserole dish. Use a rice paddle or flat wooden spoon to spread the rice out to cool faster. Distribute the rice vinegar evenly over the rice and gently fold it into the rice.

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Topping Suggestions

Sliced avocado

Sliced cucumber

Julienne carrot or carrot flowers (blanched for a minute in boiling water then cooled in ice water)

Snow peas and/or snap peas (blanched for 10 seconds in boiling water then cooled in ice water)

Julienne green beans (blanched for 30-60 seconds in boiling water then cooled in ice water)

Julienne scallion

Grated daikon

Pickled ginger

Thin strips of toasted nori seaweed

Thinly sliced raw fish (sashimi)

Cooked tofu

Toasted sesame seeds

