

## California Roll

Makes 4 rolls, or 24 pieces sushi

Courtesy of Wegmans Chef Kevin Lee, for demo May 6, 2016

Juice of 1/2 lemon

1 medium avocado, peeled, pitted, and sliced into 1/4-inch thick pieces

4 sheets nori (dried seaweed)

1/2 batch Sushi rice (see recipe below)

1/3 cup sesame seeds, toasted

1 small cucumber, peeled, seeded, and cut into matchstick-size pieces

4 crabsticks, torn into pieces

Pickled ginger, wasabi paste, and soy sauce, for serving

Squeeze the lemon juice over the avocado to prevent browning.

Cover a bamboo rolling mat with plastic wrap. Cut nori sheets in half crosswise. Lay 1 sheet of nori, shiny side down, on the plastic covered mat. Wet your fingers with water and spread about 1/2 cup of the rice evenly onto the nori. Sprinkle the rice with sesame seeds.

Turn the sheet of nori over so that the rice side is down. Place 1/8 of the cucumber, avocado and crab sticks in the center of the sheet. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll it into a tight cylinder, using the mat to shape the cylinder.

Pull away the mat and set the roll aside on a cutting board. Cover with a damp cloth. Repeat until all of the rice has been used.

Cut each roll into 6 pieces. Serve with pickled ginger, wasabi and soy sauce.

## Sushi rice

Makes 4 cups of cooked rice

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2 cups sushi rice or short grain rice

2 tablespoons rice vinegar

2 tablespoons sugar

1 tablespoon kosher salt

Place the rice into a mixing bowl and cover with cool water. Swirl the rice in the water, pour off and repeat 2 to 3 times or until the water is clear.

Place the rice and 2 cups water into a medium saucepan and place over high heat. Bring to a boil, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from the heat and let stand, covered, for 10 minutes.

Combine the warm rice, vinegar, sugar and salt in a small bowl and heat in the microwave on high for 30 to 45 seconds. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture. Fold thoroughly to combine and coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi.



## COOKING UP HISTORY

A cooking demo and food history conversation  
at the Smithsonian's National Museum of American History

For more recipes and information about Cooking Up History, visit <http://s.si.edu/CookHistory>