



T & A M F O U R
FOODSERVICE



Sushi Bowl

Yield: 1 servings

Ingredients:

1 cup Sushi Rice (see recipe below)
4 oz. Tuna – or fish of choice – cut in ½” dice
1 Tbsp. Nori – toasted and cut into pieces
1 Tbsp. cucumber, Radish Pickles (see recipe below)
1 Tbsp. CPonzu Sauce (see recipe below)
6 Pieces Sweet Omelet – diced (see recipe below)
To Taste Scallions – sliced thin
To Taste Avocado – diced
¼ Tsp. Toasted Sesame Seeds
Optional Salmon Roe or Tobiko

Directions:

1. Preheat oven to 425° f.
2. Toast the nori until it turns bright green, then break into pieces
3. Place the seasoned sushi rice in the service bowl.
4. In another bowl combine the fish, toss gently to coat evenly- add the omelet pieces
5. Arrange the ingredients over the rice.
6. Garnish with the scallions, avocado, sesame seeds and fish roe.

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Sushi Rice

Yield: 4 cups

Ingredients:

1 ½ cup Sushi Rice
2 cup Water
As Needed Sushi Vinegar

Directions:

Wash the raw rice under cold water until the water runs clear.
Follow the cooking instructions for your product.
When cooked, place the sushi rice in a bowl.
Toss gently with the sushi vinegar to coat evenly
Hold warm for service.

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Sushi Sweet Omelet

Yield: 1/2 cup

Ingredients:

½ cup Sugar
1 ½ Tbsp. Mirin
12 each Eggs – beaten
As Needed Oil

Directions:

In a pot, combine the sugar and mirin water – heat and mix to dissolve - cool
Place the eggs in a bowl, add the sugar mixture – whip well to blend.
Heat the oil in an omelet pan and prepare the omelet – make sure not to color the eggs.
When cooked, place in a container and cool in the refrigerator.
Cut in dice and hold, covered in the refrigerator

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Sushi Pickles

Yield: 1 servings

Ingredients:

¼ cup Rice Wine Vinegar – unseasoned
1 Tbsp. Sugar
1 ½ Tsp. Salt
2 Tbsp. Water
½ cup Cucumber – English – seeded, cut in ½ moons
Pinch Salt
1 each Radish – sliced thin
1 Tbsp. Jalapeno – sliced

Directions:

In a bowl, combine the vinegar, sugar, salt and water – mix to dissolve
Place the cucumbers in a bowl, add a pinch of salt – allow to wilt, squeeze out all the water.
Place the cucumbers, radishes and jalapeno in the bowl with the vinegar mixture – mix well.
Allow to marinate for up to 1 hour – drain and hold in the refrigerator

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