

Sushi Bowl

Makes 1 portions

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. Ponzu 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:

Toast the nori until it turns bright green, then break into pieces

Place the seasoned sushi rice in the service bowl.

In another bowl combine the fish, toss gently to coat evenly- add the omelet pieces

Arrange the ingredients over the rice.

Garnish with the scallions, avocado, sesame seeds and fish roe.

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Sushi Rice

Makes 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

Makes 1/2 cup

Sushi Pickles

1/2 cup	Sugar
Makes 1 cup	Mirin
1 1/2 Tbsp.	Eggs – beaten
12 each	Oil
As Needed	Rice Wine Vinegar – unseasoned
1/4 cup	Sugar
1 Tbsp.	Salt
1 1/2 Tsp.	Water
2 Tbsp.	Cucumber – English – seeded, cut in 1/2 moons
1/2 cup	Salt
Pinch	Radish – sliced thin
1 each	Jalapeno – sliced
1 Tbsp.	

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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Ponzu Sauce

Makes 1 1/2 cup

Ingredients:

1/4 cup	Fresh Lemon Juice
1/4 cup	Fresh Lime Juice
1/4 cup	Fresh Grapefruit Juice
3 oz.	Soy Sauce
2 oz.	Mirin
1 Tbsp.	Toasted Sesame Oil

Directions:

In a bowl combine the ingredients and mix well.

Store covered in the refrigerator

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Sushi Vinegar

Makes 1 3/4 cup

Ingredients:

1/2 cup	White Wine Vinegar
1/2 cup	Rice Vinegar - unseasoned
1/2 cup	Sugar
1/4 cup	Salt

Directions: