



California Rolls

Recipe By CLARK NEAL

SERVES: 4

INGREDIENTS:

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| ☐ 1 (8 oz) pkg. imitation crab, leg style | ☐ ½ tsp. table salt |
| ☐ 1 avocado | ☐ 1 lemon |
| ☐ 1 English cucumber | ☐ sesame seeds, for garnish |
| ☐ 1 pkg. nori sheets, cut in half lengthwise | ☐ soy sauce |
| ☐ 1 cup sushi rice | ☐ pickled ginger |
| ☐ ¼ cup rice vinegar | ☐ wasabi |
| ☐ 2 tbsp. sugar | ☐ bamboo sushi rolling mat |

DIRECTIONS:

- ☐ 1. Rinse the rice in a strainer under cold water to remove excess starch. If using a rice cooker, follow your machine's instructions and cook on the white rice setting. If cooking on the stovetop, combine the rice and water in a covered saucepan and cook for 15 minutes.
- ☐ 2. Place the rice vinegar, sugar, and salt in a microwave-safe bowl and microwave in 30-second increments until dissolved. Set aside.
- ☐ 3. Cut the imitation crab into ½-inch wide strips. Trim the cucumber to the same length as the nori sheets and slice into long, thin strips after removing the seeds. Slice the avocado into ½-inch thick wedges. Squeeze lemon juice over the avocado slices to prevent browning.
- ☐ 4. After the rice is cooked, place it into a shallow pie plate and pour the prepared sushi vinegar over it. Using a rice paddle or wooden spoon, mix with slicing motions to evenly coat the rice and help it cool. Cover with a clean, damp towel.
- ☐ 5. To build a California roll, place a piece of nori down and cover with a handful of prepared sushi rice. Leave a ½-inch border of exposed nori at the top and spread the rice all the way to the other three edges. Sprinkle with sesame seeds. Flip the rice-covered nori over so that the rice faces down onto a plastic wrap-covered rolling mat. Place pieces of crab in a line to cover the nori from left to right. Place one piece of cucumber next to the crab, then top with avocado slices, again covering the width of the nori. Using the rolling mat, fold the roll over on itself and tightly roll until firmly packed and uniform. Remove the roll from the mat and cut into 6–8 equal pieces. Serve immediately with soy sauce for dipping, and pickled ginger and wasabi on the side.

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