

Beef Roll Sushi

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4 cups cooked, [seasoned sushi rice](#)
2 cups beef, cooked rare to medium rare cut in strips
1 avocado, sliced
seasoned black mushrooms
1 package of sheet nori
[eel sauce](#)
toasted sesame seeds
wasabi
soy sauce
gari (pickled ginger)

seasoned black mushrooms

4 dried Chinese black mushrooms
1 cup soak water from mushrooms
2 tbsps sugar
1 1/2 tbsp soy sauce

Soak dried mushrooms in boiling hot water until soft (about 15 minutes or more). Reserve a cup of the soaking water taking care not to let in any sand or particles. Rinse the mushrooms and slice. Place mushrooms, soak water, sugar, and soy sauce in a small saucepan and simmer until almost completely reduced. Allow to cool.

Assembly: On a sheet of plastic wrap, set down one sheet of nori. With wet hands, grab a handful of sushi rice and evenly spread across the top 3/5 of the nori sheet, pressing the rice down to ensure it sticks to the seaweed. Flip the nori over so that the rice faces down onto the plastic wrap. At the non-rice end of the nori, lay out beef, avocado, and mushrooms, leaving a little room on either end. Take care not to overfill the roll. Roll the fillings up from the non-rice end of the nori (like a carpet) and continue to roll tightly, but not too tightly until the rice encompasses the entire outer part of the roll. Use the plastic wrap to help maintain shape without letting the roll stick to you. Use the bamboo mat to firm up the shape and compact the roll. Remove the bamboo mat. Slice through the plastic wrap with a very sharp knife dipped in water, to get 8 even pieces. Brush eel sauce on top of the pieces and garnish with sesame seeds. Serve with wasabi, gari (pickled ginger), and soy sauce. This should yield about 4 cut rolls.