

Futomaki

<http://userealbutter.com/2019/03/05/futomaki-recipe/>
from *Just One Cookbook*

1 sheet nori
1 to 1 1/2 cups seasoned sushi rice (recipe below)
1-2 long strips cucumber
2 tbsps seasoned shiitake mushroom
2 tbsps seasoned kanpyo (dried gourd strips)
1-2 long strips of tamagoyaki (Japanese rolled omelette, recipe below)
1 tbsp sakura denbu (shredded, dried, seasoned, sweetened cod fish)
1 long strip unagi (grilled freshwater eel)
1-2 cups fresh spinach, blanched and squeezed of excess water

Assemble the sushi roll: Place your nori shiny-side down on a bamboo mat set on a flat surface. Wet your hands in water and shake off any excess. Spread a cup of the seasoned sushi rice evenly over the nori, leaving a half inch bare margin on both of the short ends of the seaweed. Press a little more rice on the nori if needed. Working from one of the short ends, place the cucumber a half-inch inside the edge of the rice. If your cucumber strip is too short to span the entire width of the roll, cut another piece so that the cucumber is as long as the roll's width. Layer the shiitake mushrooms, kanpyo, tamagoyaki, sakura denbu, unagi, and spinach next to the cucumber. Using the bamboo mat, roll the nori from the end where you set the cucumber, making sure to keep it tight while you press the ingredients in place as you roll it up. When your futomaki has been rolled, use a clean, wet knife to slice it in half. Clean the knife between slices and cut each half into thirds, giving you 6 equal pieces. Makes 1 roll.

seasoned sushi rice

2 cups sushi rice (uncooked)
2 cups water
3 tbsps rice vinegar
1 tsp salt
2 tbsps sugar

Combine the water and rice and cook per the instructions on your rice cooker. If you don't have a rice cooker: wash, drain, and soak the rice in water for at least 30 minutes, then drain. Combine rice and measured water in a saucepan and cover. Place pan over medium-high heat. When the water boils, reduce heat and cook for about 10 minutes. Turn off heat and allow rice to steam undisturbed for at least 10 minutes (don't remove lid or you'll release all the steam).

Combine the vinegar, salt, and sugar in a bowl and stir until salt and sugar are dissolved. Heap the cooked rice in the center of a large bowl. Allow rice to cool in the tub for 10 minutes. Pour the dressing over the rice and mix the dressing evenly with a large spoon or rice paddle. While mixing, fan the rice to cool it. The rice is ready to use when it reaches body temperature. Makes about 4 cups of seasoned sushi rice.

japanese rolled omelette (tamagoyaki)

5 eggs

2-3 tbsps dashi stock (I made a cup of stock from 1 cup boiling water and 1 tsp hondashi granules)

1 tsp sugar

1 tsp mirin

1/2 tsp salt

vegetable oil for cooking

Beat the eggs in a medium bowl until well blended (we don't want big globs of egg white floating around). Mix the dashi stock, sugar, mirin, and salt together in a small bowl and stir until the sugar and salt have dissolved. Beat the dashi mixture into the eggs until incorporated. Heat your tamago pan or a small omelette pan over medium flame. Dip a paper towel into a small bowl of vegetable oil so that it soaks up some of the oil. Using tongs or chopsticks, evenly oil the pan with the oil-soaked cloth.

Pour one-fourth of the egg mixture into the pan and cook until it is set and almost cooked. Grab the far end of the egg sheet with chopsticks and fold a third of the sheet over on itself toward you like would a business letter. I find a spatula helps too. Fold the egg sheet toward you again so that it is folded in thirds. Push the egg to the far end of the pan. Evenly oil the rest of the pan. Pour another fourth of egg mixture into the pan making sure it gets under the folded egg omelette (you want them to connect). When the egg has set and is almost completely cooked, fold the omelette in thirds toward you (just like before, but you are making layers). Repeat until all of the egg is used up. When the omelette is done, remove it to a bamboo mat (optional: line it with plastic wrap) and gently press the omelette into a square shape. Slice into 1/2-inch thick slices lengthwise, then slice into 1/2-inch thick strips. Makes about 8 long strips.