

## Shroomaki (Japanese Mushroom Roll)

<http://userealbutter.com/2018/10/11/shroomaki-japanese-mushroom-roll-recipe/>

6 cups seasoned sushi rice (recipe below)  
4-6 nori (roasted seaweed) sheets  
1/2 cup seasoned matsutake mushrooms (recipe below)  
1/2 cup sautéed shiitake mushrooms (recipe below)  
1 cup tempura fried beech mushrooms (recipe below)  
1 ripe avocado, peeled, pitted, and sliced into eighths  
2 Persian cucumbers, sliced into strips  
1/4 cup sriracha mayonnaise (recipe below)  
1/4 cup anago (barbecue eel) sauce (recipe below)  
1/2 cup masago or tobiko (capelin or flying fish roe) (omit if making gluten-free)

**Assemble the sushi roll:** On a square sheet of plastic wrap, set down one sheet of nori. Work with a long edge of the nori closest to you. With wet hands, grab a handful of sushi rice (about 1 to 1 1/2 cups) and evenly spread it 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 the seasoned, sautéed, and tempura mushrooms, avocado, and cucumber. Take care not to overfill the roll as the ingredients will squeeze out toward the ends when you roll it.

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 a bamboo mat to firm up the shape and compact the roll. Remove the bamboo mat, but leave the plastic wrap on the roll. Dip a sharp knife in water and slice through the plastic wrap to cut the roll in half. Clean the knife, dip it in water, and continue to cut until you have 8 even pieces. Peel the plastic from the roll. Arrange the pieces on a plate and drizzle with Sriracha mayonnaise and anago sauce. Top with masago or tobiko. Makes 4 cut shroomaki rolls.

### 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.

### **seasoned matsutake mushrooms**

*adapted from [Daily Cooking Quest](#)*

1/2 cup matsutake mushrooms (or shiitake with stems removed or oyster mushroom), sliced 1/4 inch thick

1/2 cup dashi stock (I mix 1/2 tsp of hondashi granules with 1/2 cup of boiling water)

1 tbsp mirin

1 tbsp sugar

1 tbsp soy sauce (use tamari for gluten-free version)

Place everything in a small saucepan over high heat and stir to dissolve the sugar. When the liquid comes to a boil, reduce the heat to a simmer and let simmer until the liquid has boiled off. Remove from heat.

### **sautéed shiitake mushrooms**

1 tbsp unflavored vegetable or canola oil for frying

1 cup fresh shiitake mushrooms, stems cut off, cleaned, and sliced 1/4-inch thick

pinch of salt

Heat the oil in a small sauté pan over medium-high heat. When the oil is hot, add the mushrooms slices. Let cook until the bottoms are golden, sprinkle the salt on top and then stir or flip the pieces to brown the other sides. Remove from heat.

### **tempura fried beech mushrooms**

8 oz. beech mushrooms, cleaned, trimmed, and split into single or double stalks

1/2 cup ice water

1 small egg, beaten (or beat a large egg and use half of it)

1/4 cup all-purpose flour (or use 1/4 cup rice flour for gluten-free version)

1/4 cup potato starch

1/16 tsp baking soda

vegetable oil for frying

Combine the ice water and egg in a vessel. In a bowl, whisk the flour, potato starch, and baking soda together. Stir the dry ingredients into the wet ingredients (lumps are okay). Store in the refrigerator until ready to use. Makes just under 1 cup of batter. Heat 2 inches of vegetable oil in a large pot until the oil reaches 350°F. Dip the mushrooms, one at a time, into the tempura batter, completely coating each one. Gently lower the pieces into the hot oil taking care not to overcrowd (work in batches). Fry until the batter is golden, then flip the pieces over until the other side is golden. Remove from oil and let drain on paper towels or a cooling rack.

### **sriracha mayonnaise**

1/4 cup mayonnaise

Sriracha sauce to taste

Mix together until blended.

**anago sauce**

6 tbsps soy sauce (or use tamari for gluten-free version)

4 tbsps mirin

2 tbsps brown sugar (or caramelized sugar syrup)

dash of rice wine vinegar

Combine ingredients in a small saucepan and bring to boil. Let boil for a minute or so and reduce to simmer until slightly thickened (2-3 minutes). Let cool (it will thicken some more, so don't boil it down too much). Makes about 1/4 cup.