

Appetizers

Sushi Fusion



Ingredients

- 2 cups cooked short grain rice, cooled
- 3-4 Tbsp umeboshi paste or mashed umeboshi, enough to lightly cover the rice
- 1 8 oz block of cream cheese, softened
- 3-4 Tbsp garlic sauce “ninniku shio-dare”
- 2 cloves minced garlic
- Imitation crab salad*
- 2 eggs
- 1 tsp sugar
- ¼ tsp salt
- ¼ chopped cucumbers
- 1 Tbsp chopped green onions for garnish
- 3-4 packs of seasoned nori squares

* **Link to Crab Salad**

https://drive.google.com/file/d/1jklplUHxV0pbnoxBk1ROGr7d7uM1DoP2/view?usp=share_link

Preparation

1. Place 2 cups of rice in a 9 x 13 casserole.
2. Wet your hands and pat the rice down evenly. You may need to re-wet your hands to keep the rice from sticking to them.

3. Spread a light, even layer of ume paste over the rice.
4. Mix 3-4 Tbsp of the garlic dressing and minced garlic with the cream cheese.
5. Spread ½ of the cream cheese mixture over the rice. Set aside the other half for those who may want to add more to their sushi roll.
6. Spread imitation crab salad over rice. (see recipe below)
7. Mix salt and sugar with eggs; cool. Do not over cook. Sprinkle eggs over rice.
8. Add a few more chopped cucumbers if desired for more color and texture.
9. Garnish with green onions.
10. Add 1 Tbsp of rice mixture into the Nori sheet and enjoy the explosion of flavors in your mouth!

Tips

If you want traditional “sushi rice” add 2 Tbsp of sugar, 2 Tbsp of rice wine vinegar and 1 tsp of salt in the cooked rice while still warm and mix well. I like to cut back on sugar and it really is delicious without it.

Spiritual Message from this recipe

Taking ingredients from various cultures and fusing them together often creates a better product. What are some ingredients in your life that you wouldn't normally mix together, that could create a synergistic effect?