**Avocado and Pickled Daikon Sushi Rolls**

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Adapted from “Avocado Sushi”

*A flavorful entrée with simple ingredients*

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| **Yield:** | 8 rolls/servings |  |

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| **Ingredients**: |  |

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| 2 cups Sushi rice |  |
| 1 cup Rice-wine vinegar  8 sheets Seaweed, nori |  |
| 1 Avocado, sliced |  |
| 4 ounces Cucumber, sliced |  |
| 4 ounces Cream Cheese, plain |  |
| 1/4 cup Carrots  4 oz Cream Cheese  4 oz Eggplant  4 oz Pickled Daikon |  |
| 1 Tbsp Toasted sesame seeds |  |
| ½ tsp Sesame Oil |  |

To Taste Salt

For serving Soy sauce

1 each Bok Choy (one leaf for each roll)

**Method of Preparation:**

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|  | \*\*Pickling: skinning the daikon and cutting thinly. Sprinkle with salt to draw out moisture. Add sugar, water, vinegar, and sake to a small pan and bring to a boil. Stir until sugar is dissolved then add the squeezed-out daikon to the mixture. Add liquid if needed then let the daikon sit for two days to develop flavor. Follow same prep process as the avocado roll. Prep 1-2 days in advance |
|  | Gather all necessary equipment and rinse the rice until the water runs clear then drain water. |
|  | Add 2 ½ cup water to pot and bring to a boil. |
|  | Once boiling, add rice and reduce heat to a medium simmer. |
|  | Stir occasionally to prevent sticking to the pot. |
|  | While rice is cooking, cut up the carrots, cucumbers, and avocado and set to the side. |
|  | When rice is cooked, stir the rice vinegar to the pot and incorporate thoroughly. |
|  | To assemble, take the bamboo mat, lay down the nori sheet, add an evenly thin layer or the rice over the entire sheet, then place the vegetables on one side of the sheet. Roll the bottom third of the sheet to the center by using the bamboo mat. Press evenly across the roll and keep rolling and pressing until there is no more nori sheet. Press evenly when done. Wet your knife and cut the roll into 6-8 equal pieces. |
|  | Wash the bok choy and separate the leaves. |
|  | Put a light layer of olive oil on the leaves and grill them until grill marks are seen (<1 minute). |
|  | Place the grilled bok choy on the plate and the sushi roll on top. Serve. |

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| **Chef’s Notes/HACCP:** Avocado roll contains: avocado, cream cheese, cucumber, carrots, and rice. The Pickled daikon rolls contains: Cucumber, pickled daikon, eggplant, sesame seeds, and rice. Contains seeds and soy. Use gloves for ready-to-eat food. Hold cold at below 41°F or below or hold hot at 135 °F or above. | | | | | | | | | |
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| **Nutritional Analysis:** Per serving | | | | | | | | | |
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| Calories: | 137g | Fiber: | | 2.88 g | | Calcium: | | 47.44 mg | |
| Total Fat: | 6.21g | Cholesterol: | | 7.65 mg | | Iron: | | 0.49mg | |
| Saturated Fat: | 1.79g | Vitamin D | | 1.56mcg | | Sodium: | | 365.21mg | |
| Mono Fat: | 2.77g | Potassium: | | 217.12 mg | |  | |  | |
| Protein: | 3.47g |  | |  | |  | |  | |
| Carbohydrates | 16.58g |  |  | |  | |  | |