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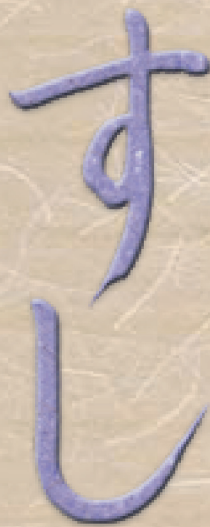
SUSHI



TRADITIONAL & AMERICAN STYLE

Sushi recipes to please all tastes





American & Traditional Sushi Made Easy

Whether you are an experienced cook or a novice in the kitchen, the Salton[®] Automatic Rice Cooker & Sushi Kit helps you create and present fresh and homemade, yet sophisticated, sushi with ease.

Sushi American-Style

The American-Style Sushi recipes included in this book are meant to feed even those who do not eat raw fish or nori (seaweed); they are unique; they use egg crepes, prosciutto, bacon, chicken, fresh or dried fruit, honey, and even chocolate chips! With such a wide variety of both Traditional and American-Style sushi recipes and variation ideas, you can please everyone – with simply elegant food presentations from appetizers to dessert!

Sushi is fun; as a nutritious entree or as an addition to an ordinary meal.

Sushi is fresh; high in protein and vitamins, and uses only minimal amounts of fats and oils.

Sushi is a healthier food alternative for you and your loved ones.

What Is Sushi?

Sushi actually refers to the sticky, vinegar-flavored rice used to create finger-sized morsels of food. Fish (cooked or raw), beef, pork, chicken, tofu, eggs, wilted spinach, cucumber, carrots, squash, mushrooms, even fresh fruit combine to create sushi's unique colors and textures. Sushi is original. It is a beautiful explosion of fresh and unique flavors.



Traditional Sushi Ingredients

- Pickled Ginger (gari)
- All types of Fresh Fish
- Shrimp, Crab, Imitation Crab Sticks
- Barbecued Eel
- Tofu
- Shitake Mushroom, Japanese Cucumber
- Asparagus, Carrot
- Cooked, Drained Spinach
- Ripe, Peeled Avocado



Sushi American-Style Ingredients

- BBQ Beef/Pork/Chicken
- Chicken Breast Teriyaki
- Beef Filet
- Salmon Teriyaki, Smoked Salmon
- Pork Sausage, Italian Sausage, Cocktail Hot Dogs
- Prosciutto, Ham, Cooked Bacon, Pancetta
- Cilantro
- Jalapeño Peppers
- Cream Cheese, Parmesan Cheese
- Grilled Vegetables: Asparagus, Red/Green Peppers
- Fresh Cooked Apples with Cinnamon and Honey
- Asian Pears or Bananas, Fresh Melons, Pineapple
- Macerated Dried Fruits
- Chocolate or Butterscotch Chips
- Cinnamon, Nutmeg, Allspice, Honey



Sushi Rice Preparation

Types of Rice to use in making Sushi

To successfully prepare sushi, it is very important to use rice that will insure a sticky consistency when cooked. While it is preferable to use short grain white rice, (sometimes labeled "sushi rice") brown rice, now thought of as a healthy, low-carb, higher fiber food choice is gaining popularity all over the world. Black rice (forbidden rice) is now all the rage in healthy sushi dining.

If you wish to use a Rice Cooker other than the Salton® RTC3, please follow the manufacturer's directions for sushi rice preparation.

If you prefer to cook your sushi rice using the stove-top method, follow package directions for sushi rice preparation.



White Sushi Rice Recipe

(Short Grain White Rice or Sushi Rice)

- 3 rice measuring cups* raw rice
- 3 rice measuring cups* + 3 tablespoons cold tap water
- 1/3 cup rice vinegar
- 1 teaspoon salt
- 1 tablespoon sesame oil
- 4 teaspoons sugar

Allow 15 to 20 minutes for white rice to cook. When POWER/READY Light illuminates, rice is finished cooking. Let rice stand in the Rice Cooker, covered for an additional 10 to 15 minutes to allow the rice to continue to steam.

NOTE: Do not use either instant or converted rice.



Brown Sushi Rice Recipe

(Short Grain Brown Rice)

- 3 rice measuring cups* raw brown rice
(pre-soaked in water overnight)
- 3 rice measuring cups* + 3 tablespoons cold tap water
- 1 teaspoon salt
- 1 tablespoon sesame oil
- 4 teaspoons sugar

Allow 50 to 60 minutes for brown rice to cook. When POWER/READY Light illuminates, rice is finished cooking. Let rice stand in the Rice Cooker, covered for an additional 10 to 15 minutes to allow the rice to continue to steam.

NOTE: Do not use either instant or converted rice.

* This recipe is based on using the rice measuring cup provided with the Salton® Rice Cooker. the rice measuring cup is not a standard measuring cup. When filled, it measures approximately 3/4 cup.



Part Number List

A - Serving Tray - 22590

B - Chop Sticks - 22592

C - Nigiri Mold - 22594SM

D - Layered Mold - 22594LG

E - Bamboo Mat - 22593

F - Dipping Dish - 22591

Sushi Book - 61567 (not pictured)

Dipping Sauces Add Depth of Flavor

Spicy Hot Chili Mayo

- 2 teaspoons Sambal Olek
(ground fresh chili paste) or any hot chili sauce
- 1 cup mayo
- lemon juice
- Add more chili sauce to please your palette

Jalapeño Mayo

- 2 jalapeño peppers, seeded, finely chopped
- 1 cup mayo
- 1 tablespoon chopped chives
- 3 tablespoons lime juice
- 1 teaspoon red pepper flakes
- Add more pepper to please your palette

Spicy Creole Mustard Mayo

- 3 tablespoons hot creole or any whole grain mustard
- 1 cup mayo
- lemon juice
- Add more mustard to please your palette

Simple Apricot Sauce for 2

Combine 1 tablespoon orange juice, 1 tablespoon water and 2 tablespoons apricot jam in a microwave-safe glass bowl. Heat in microwave for 1 minute. Stir well. Continue cooking for 15 to 30 seconds if necessary.

Variation: Use orange marmalade or any combination of jams or jellies. Pie fillings can add fruits bursting with flavors. Add the zest of a fresh lemon or lime for fresh, new tastes and color.

Add Asian Flare to your family dinners or an elegant touch to creative home entertaining. Let your imagination run wild – there is no limit to the types of sushi that can be prepared with your Salton®RTC3 3 Cup Automatic Rice Cooker and Sushi Kit. Use our sushi molds to make perfect "nigiri" sushi, layered with flavor. Make scrumptious maki rolls with the bamboo mat. Either way, you are on your way to becoming a supreme sushi chef... and a guaranteed hit with family and friends.



Preparing Maki Rolls

1. Lay the bamboo mat flat on work surface.

NOTE: Some sushi chefs prefer to place a sheet of plastic wrap between the bamboo mat and the nori to keep the bamboo mat clean.

2. Place one sheet of nori (seaweed), shiny side down, on top of the mat.
3. Use rice paddle or your fingers to spread a thin, even layer of rice over the entire piece of nori.
4. Layer ingredients on top of rice, down the center of the sheet of nori. (Figure 1)
5. Begin rolling by lifting the edge of the bamboo mat closest to you and folding it up and over the filling in the middle. (Figure 2). Roll until the rice-covered nori covers the other side of the filling; the rice will adhere to the nori and the maki roll will be complete.
6. Unroll bamboo mat so that the maki roll lies flat on top of it. Re-roll the Mat around the maki roll, squeeze gently, and hold for a few seconds to solidify the roll. (Figure 3)
7. Using a sharp knife, cut the roll in half and slice each half into three or four pieces. (Figure 4)

TIP: To insure a crisp, even cut, always dip knife into water between each slice.

TIP: Create inside-out rolls by covering the nori with rice and then turning over onto the mat to fill. Enjoy a wonderfully crunchy texture by rolling the rice of the inside-out roll in panko bread crumbs or fried/chopped tempura batter before serving.



Figure 1

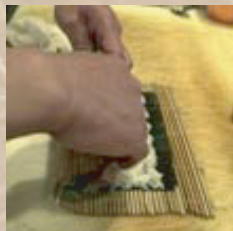


Figure 2



Figure 3



Figure 4



Temaki Hand Rolls

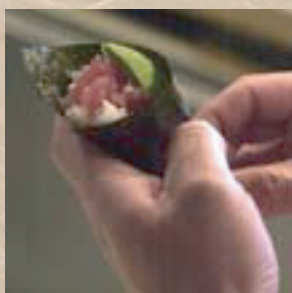
Prepared with the same ingredients as Maki Rolls, hand rolls are prepared by rolling the ingredients into a cone-shaped sheet of seaweed. This is easy to hold and to eat in one piece.



1



2



3

Hand Roll >



Traditional Maki

Maki sushi combines rice wrapped in sheets of seaweed (nori) with fillings of your choice. After rolling, each sheet of nori is cut into six or eight slices.

Maki Rolls use less raw fish and any variety of food choices... you are only limited by your creativity and the ingredients on hand.

Traditional Maki Rolls

Tekka Maki (tuna roll)

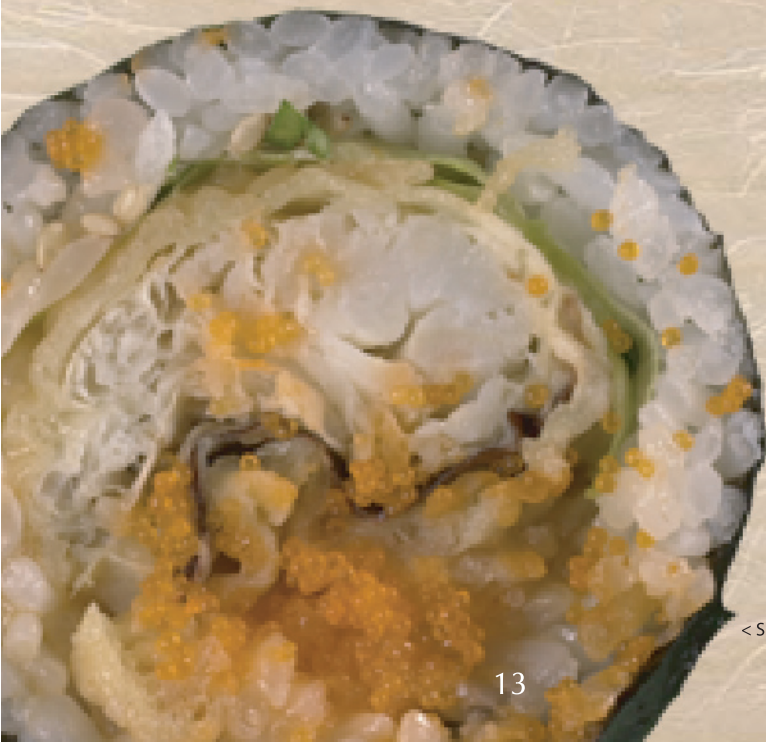
Futo Maki (vegetable roll)

Kappa Maki (cucumber roll)

Ebi Maki (shrimp with cucumber roll)

Spider Maki (deep fried soft shell crab roll)

Spicy Scallop (cooked scallops with spicy mayo)



< Spider Maki >



☆ American-Style Maki

Maki Rolls to please American Tastes

You can find many of these maki rolls offered in american sushi restaurants today. Most of the ingredients are readily available, and can be prepared in your home.

American-Style Maki Rolls

California Roll (crabmeat, avocado, cucumber)

Mexican Roll (yellowtail, cilantro, spicy mayo)

Boston Roll (tuna, avocado, green lettuce leaf, sesame seeds)

Yum Yum (crabmeat, shrimp, mayo, inside out: rolled in panko breadcrumbs)

Philadelphia Roll (smoked salmon, cream cheese, cucumber, avocado)

Popeye Roll (spinach, cucumber, avocado, mayo)

Chicken Teri Maki Roll (chicken, cucumber, teriyaki sauce)
(pictured here with brown rice)

Beef Teri Maki Roll (beef, cucumber, teriyaki sauce)

Brown Rice Maki Rolls (any Maki roll created with brown rice instead of white)



< Chicken Teri Maki >



★ Melon Prosciutto Maki-Mono

1 cup cooked white or brown sushi rice
2 tablespoons Parmesan cheese
4 slices thin-cut prosciutto
Melon, sliced or chunked

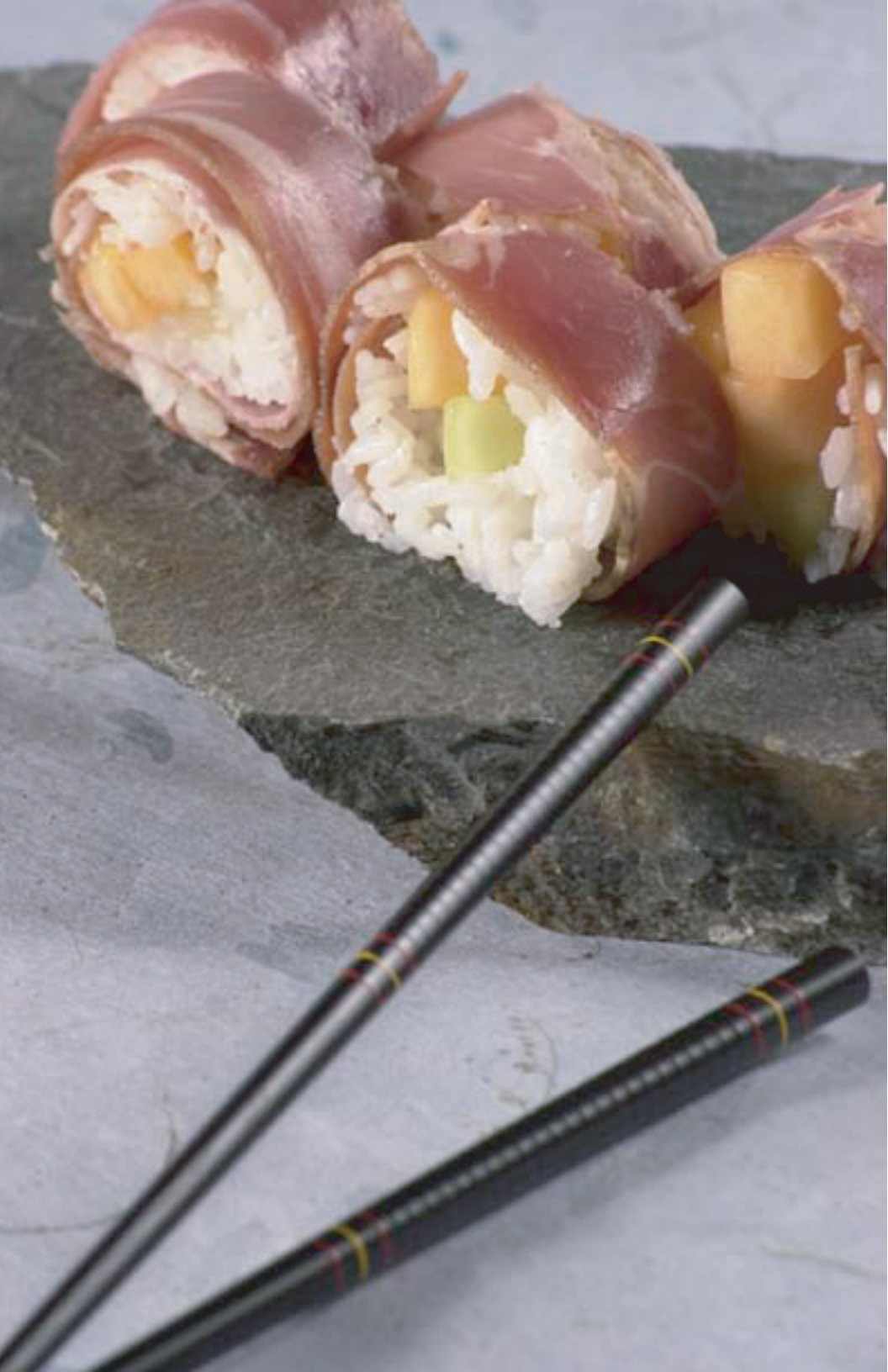
1. While rice is warm, add fresh Parmesan cheese. Mix well.
2. Place one slice of thin-cut prosciutto on bamboo mat; press rice onto prosciutto.
3. Layer fresh melon, sliced or chunked, down the center.
4. Prepare 4 maki rolls. Cut into pieces and serve while rice is warm.

Variation:

1. Using the Parmesan cheese rice from above, add 1/4 cup chopped fresh basil to the rice. Mix well.
2. Place one slice of thin-cut prosciutto on bamboo mat; press rice onto prosciutto.
3. Layer medium-size, cooked, steamed shrimp down the center.
4. Prepare 4 maki rolls. Tie a blanched chive around each roll to secure. Serve whole, while rice and shrimp are warm.



Prosciutto Maki-Mono>



★ Fruit Maki-Mono

4 Sweet Egg Wrap (see recipe following)

1 cup cooked white or brown sushi rice

1 tablespoon honey

1/8 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1 orange (zested and juiced)

Apricot jam

Plums in syrup, sliced and drained well

1. While rice is warm add honey, cinnamon, nutmeg, and 1/2 of the orange zest to the rice. Mix well.
2. Prepare sweet egg wraps (see recipe following)
3. Place 1 egg wrap onto bamboo mat. Spread a thin layer of apricot jam onto the sweet egg wrap.
4. Use the rice paddle or your fingers to spread a thin, even layer of rice over the egg wrap. Take care not to tear the wrap.
5. Layer fruit on top of the rice, down the center of the egg wrap.
6. Roll with mat. Add a dab of jam to the edge of the egg wrap to seal. Place onto cutting board. Cut into pieces. Sprinkle remaining orange zest over fruit sushi. Top with apricot sauce and whipped cream.

Sweet Egg Wraps

4 jumbo eggs

2 tablespoon sugar

1/4 teaspoon salt

1/8 teaspoon cinnamon

Beat eggs and add ingredients. Heat small oiled (or non-stick) crepe pan until smoking hot. Pour a small amount of batter into the center of the hot pan. Move pan in a swirling motion and evenly distribute egg mixture into a thin pancake covering the pan. Check the underside as the pancake cooks for 1 to 2 minutes. When golden brown, use a wooden spoon or spatula to turn wrap over. Allow to cook for 1 to 2 minutes until golden.

Variation: Spice it up adding cayenne pepper to the sugar.

Apricot Sauce recipe on page 7.



Preparing Nigiri Sushi

Nigiri refers to sushi "made in the hand". It is simple; one main ingredient over a mound of shaped rice; easily and expertly prepared at home using the sushi molds provided in your Salton® Sushi Kit.

1. Fill each mold to the top with rice mixture. Cover with lid and press firmly to mold.
2. Turn mold upside down. Push back tab in to remove rice from mold.
3. Swipe backside of food with a dab of wasabi, hot chili mayo or hot mustard mayo.
4. Place desired food on top of rice mound and serve.



These small-sized cute molds make wonderful kid-friendly meals and snacks.



Nigiri Sushi American-Style

★ Bacon Nigiri

Add bits of cooked bacon, and chopped green onions and a dab of mayo to cooked rice; use sushi rice mold to create uniform rice mounds. Wrap each rice mound with a piece of cooked bacon. Drape thin slices of avocado over the top. Drizzle chili mayo over the top for an exquisite presentation.

Variation: *A great way to serve leftovers!* Cut last night's steak or chicken into thin slices, saute lightly in olive oil; add a dab of jalapeno mayo and place on top of the rice mound.

🍣 Preparing Layered Sushi

Combine bold colors and flavors; contrast layers of textures using the larger sushi molds in your Salton® Sushi Kit.

1. Fill each mold to the halfway with rice mixture.
2. Add a layer of flavor: wasabi, chili mayo, or hot mustard mayo if desired.
3. Add fillings of your choice
4. Fill the remaining mold with rice.
5. Add lid and press to form Nigiri Sushi.
6. Turn mold upside down. Push back tab in to remove rice from mold.
7. Decorate with filling ingredients.

★ Sushi Burgers (sushi family favorite)

1. Season 1 pound of hamburger meat with 2 tablespoons teriyaki sauce. Use the top of the large sushi mold to form thin hamburger patties.
2. Brown sushi burgers in skillet with chopped onions, add ketchup if desired.
3. Fill large sushi mold halfway with rice.
4. Add hamburger and grilled onions to mold.
5. Top with remaining rice. Drizzle skillet gravy over the rice mound.
6. Crumble barbecue potato chips and add to the top of the molded rice for a crunchy treat.



Chirashi

Chirashi is the easiest type of sushi to create. Simply, chirashi means scattered; ingredients are scattered over the rice.

★ Chirashi Cobb Salad

- 1/2 cup cooked white or brown sushi rice
- 1/4 cup chopped cucumbers
- 1/4 cup chopped green onions
- 1/4 cup chopped romaine lettuce
- 1/4 cup chopped avocado
- 4 strips cooked bacon
- 1/2 cup chopped cooked chicken
- 2 - 3 tablespoons sesame oil

1. Chop salad ingredients in small, bite-sized pieces. Mix salad ingredients thoroughly.
2. Place 1/2 cup cooked white or brown sushi rice into a bowl.
3. Add salad on top of rice.
4. Drizzle sesame oil over the salad. Prepare spicy hot chili mayo and mix into salad.

★ Barbecued Chirashi

Place 1/2 cup cooked white or brown sushi rice in a bowl. Top with your choice of barbecued beef, chicken or shrimp. Garnish with handful of thinly sliced cucumbers and top with a dab of hot chili mayo.

★ Warm Chirashi Dessert*

- 1 cup cooked white or brown sushi rice
- 1 tablespoon honey
- 1/8 teaspoon cinnamon
- 1/4 cup chopped roasted almonds, cashews or pistachios
- 1/4 cup chocolate chips
- 1/4 cup raisins
- zest of 1 orange, finely chopped

Mix all ingredients together in a bowl. Place in microwave-safe dish. Heat for 1 minute to serve warm. Top with whipped cream or vanilla pudding.

*Rice is gluten-free and is a safe and nutritious choice for all children who must adhere to a gluten-free diet.

Chirashi Bowl >



