Smoked Salmon & Avocado Sushi

Type: Main, snack  Serves: 30 tastes
Fresh from the garden: Avocado

Recipe source: Taste.com

EQUIPMENT:
Food processor
Sushi mat

For serving:
Serving platter
Tongs

INGREDIENTS:
300g sliced smoked salmon
100g cream cheese, softened
1/4 cup pure cream
1 tablespoon chopped pickled ginger
3 nori sheets
1 small avocado, peeled, stone removed, thinly sliced

What to do:

1. Place one-third of the salmon, all the cream cheese, cream and ginger in a food processor. Process until smooth.

2. Cut nori sheets in half. Place 1 nori sheet, shiny side down, on sushi mat. Arrange one-sixth of the remaining salmon slices in a single layer on 1 nori sheet, leaving a 1cm border along the long edge opposite you. Thinly spread one-sixth of the salmon mixture over salmon slices to cover. Arrange avocado in a row along side of nori sheet closest to you.

3. Using your thumbs and index fingers, pick up edge of mat closest to you. Use other fingers to hold filling in place. Roll mat forward tightly to roll up nori. Repeat with remaining salmon slices, nori sheets and salmon mixture. Cut each nori roll into 4 pieces. Serve.
Sushi for Kids

Type: Main, snack  
Serves: 30 tastes  
Recipe source: Taste.com

Fresh from the garden: Cucumber, carrot, avocado.

**EQUIPMENT:**

- Sushi mat
- Saucepan
- Knife
- Bowls
- Measuring cups
- Measuring spoons

**For serving:**

- Serving platter
- Tongs

**INGREDIENTS:**

- 1 1/2 cups SunRice Japanese Style Sushi Rice (see note)
- 2 tablespoons rice wine vinegar
- 1 tablespoon caster sugar
- 4 nori sheets
- 2 tablespoons whole-egg mayonnaise
- 1 Lebanese cucumber, cut into matchsticks
- 1 medium avocado, thinly sliced
- 1 medium carrot, grated
- Salt-reduced soy sauce, to serve

**What to do:**

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 1/2 cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand covered for 10 minutes.
3. Meanwhile, place vinegar and sugar in a saucepan. Cook on high for a few minutes. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons mayonnaise over centre of rice. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces. Serve with soy sauce.
**Sweet Chilli Chicken Sushi**

**Type:** Main, snack  
**Serves:** 30 tastes  
**Recipe source:** Taste.com  
**Fresh from the garden:** Cucumber, avocado, eggs, lettuce.

**EQUIPMENT:**
- Sushi mat
- Saucepan
- Knife
- Bowls
- Measuring cups
- Measuring spoons

**For serving:**
- Serving platter
- Tongs

**INGREDIENTS:**
- 1 cup SunRice Japanese Style Sushi Rice
- 1/4 cup Obento mirin seasoning Sushi Rice
- 4 chicken tenderloins, cut into strips lengthways
- 1/4 cup sweet chilli sauce
- 2 teaspoons rice bran oil
- 2 tablespoons whole egg mayonnaise
- 4 nori sheets
- 1/2 medium avocado, thinly sliced
- 1/2 Lebanese cucumber, cut into thin strips
- 4 green oak lettuce leaves, torn

**What to do:**

1. Make sushi rice: Rinse and drain rice 3 times or until water runs clear. Place rice in sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 cup cold water in a small saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has been absorbed. Remove from heat. Stand, covered, for 10 minutes.
3. Transfer rice to a large ceramic dish. Using a spatula, stir rice to break up lumps. Gradually add seasoning, lifting and turning rice, until rice has cooled.
4. Place chicken and 2 tablespoons sweet chilli sauce in a small bowl. Turn to coat.
5. Heat oil in a small frying pan over medium-high heat. Add chicken. Cook, turning, for 5 minutes or until cooked through. Meanwhile, combine mayonnaise and remaining sweet chilli sauce in a small bowl.
6. Place 1 nori sheet, shiny-side down, on sushi mat. Leaving a 2cm strip at 1 long end, spread 1/4 rice mixture over nori using damp fingers. Spread 1/4 mayonnaise mixture across centre of rice. Arrange 1/4 chicken, avocado, cucumber and lettuce over rice.
7. Using mat, roll up firmly to form a roll. Cut roll into 6 slices. Repeat with remaining nori sheets, rice mixture, mayonnaise mixture, chicken, avocado, cucumber and lettuce to make 24 pieces. Serve.
Teriyaki Chicken Sushi

Type: Main, snack  Serves: 30 tastes  Recipe source: Taste.com
Fresh from the garden: Capsicum, ginger.

**EQUIPMENT:**
- Food processor
- Sushi mat
- Saucepan
- Knife
- Bowls
- Measuring cups
- Measuring spoons

**For serving:**
- Serving platter
- Tongs

**INGREDIENTS:**

**Teriyaki Marinade**
- 3 tbsp soy sauce
- 1/2 tbsp fresh ginger, peeled and grated
- 2 tsp honey or sugar
- 1/2 tsp sesame oil

**Chicken sushi**
- 250g boneless, skinless chicken, cut into thin strips
- 4 cups cooked, seasoned sushi rice
- 5 nori sheets (seaweed wrappers)
- 1 red capsicum, cut into thin strips
- Wasabi paste, optional

**What to do:**

1. To make the teriyaki marinade place all ingredients for 1 minute or heat gently in a saucepan to melt the honey. Place chicken in a saucepan with Teriyaki Marinade and mix evenly. Bring to a boil, reduce heat to medium-low and simmer until chicken is cooked through, approximately 5 minutes; cool. If not using at once, cover and store in the fridge.

2. To assemble sushi rolls: Place a sheet of nori on a clean, dry workbench. With washed, wet hands, take ¾ cup of cooked sushi rice and press evenly over nori, leaving a 1cm strip uncovered along the top edge. If using wasabi paste, spread ½ a teaspoon across the bottom edge of the rice in a thin strip. Arrange strips of chicken and capsicum on top.

3. Roll up as tightly as possible, using a sushi mat or clean tea towel. When you reach the border at the top edge, wet the nori with a little vinegar or water to make it sticky enough to seal. Roll up completely and place joined edge downwards on a platter. Repeat with remaining nori sheets. Cover and chill if not serving at once.

To serve: Cut each roll into slices 2 fingers wide and accompany with wasabi, soy sauce and pickled ginger. Serve.
**Tuna & Corn Sushi**

**Fresh from the garden:**

**Type:** Main, snack

**Serves:** 30 tastes

**Recipe source:** Taste.com

**EQUIPMENT:**
- Sushi mat
- Saucepan
- Knife
- Bowls
- Measuring cups
- Measuring spoons

**For serving:**
- Serving platter
- Tongs

**INGREDIENTS:**

4 cups cooked, seasoned sushi rice

5 nori sheets

310g can creamed corn

185g can tuna in springwater, drained, flaked

1/2 cup grated reduced-fat tasty cheese

30g baby spinach

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**What to do:**

1. To assemble sushi rolls: Place a sheet of nori on sushi mat on a clean, dry workbench. With washed, wet hands, take ¾ cup of cooked sushi rice and press evenly over nori, leaving a 1cm strip uncovered along the top edge. If using wasabi paste, spread ½ a teaspoon across the bottom edge of the rice in a thin strip.

2. Spread corn over rice, leaving a 2cm border along 1 edge.

3. Top with tuna, cheese and spinach.

4. Roll up to enclose filling.

5. Cut each roll into thirds. Serve.
**Wakame Salad**

**Type:** Salad  
**Serves:** 30 tastes  
**Recipe source:** Taste.com  

**Fresh from the garden:**

**What to do:**

1. Soak dried wakame in tepid water for 10-20 minutes to reconstitute. Drain and trim tough central spine, if any, of the wakame, blanch in hot water to soften and refresh in cold water to improve colour.

2. Wrap wakame in absorbent paper to extract moisture, then coarsely chop.

3. Combine wakame in a bowl and mix in vinegar, soy, chilli, sesame seeds and sugar and serve immediately.

**Note** Dried wakame is available from Asian grocery stores and select health food shops. This salad goes particularly well with chilled tossed noodles.

**EQUIPMENT:**

- Knife  
- Bowls  
- Measuring cups  
- Measuring spoons

**INGREDIENTS:**

- 20 gm dried wakame  
- 2 tbsp rice vinegar  
- 2 tbsp light soy sauce  
- 2 tsp roasted sesame seeds  
- 1-2 tsp chilli powder or chilli flakes, to taste  
- 1 tsp sugar
# Whole Egg Mayonnaise

**Type:** Dressing  
**Serves:** 30 tastes  
**Recipe source:** Taste.com  
**Fresh from the garden:** Eggs, lemons.

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>Bowl</td>
<td>1 egg</td>
</tr>
<tr>
<td>Food processor</td>
<td>1 tablespoon lemon juice</td>
</tr>
<tr>
<td>Measuring cups</td>
<td>2 teaspoons Dijon mustard</td>
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<tr>
<td>Measuring spoons</td>
<td>2 tablespoons sugar</td>
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<tr>
<td>Spatula</td>
<td>Pinch sea salt</td>
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<td></td>
<td>1 cup vegetable oil</td>
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</tbody>
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## What to do:

1. Blend or process egg, juice, mustard, sugar and salt until well combined.

2. With the motor still running, add the oil in a slow, thin stream until the mixture is creamy and all the oil has been incorporated.

3. Store in the refrigerator for up to 1 week.
Fresh from the garden: Ginger.

**EQUIPMENT:**
- Saucepan
- Knife
- Bowls
- Measuring cups
- Measuring spoons

**INGREDIENTS:**
- 500g good quality fresh ginger
- 3 teaspoons coarse salt
- 110g (1/2 cup) castor sugar
- 1 1/2 tablespoons rice wine vinegar
- Toasted sesame seeds, for garnish

**What to do:**

1. Peel ginger using a vegetable peeler or small sharp knife and cut into very thin slices. Plunge the ginger into a saucepan of boiling water for 20 seconds to blanch. Drain well.
2. Transfer to a wide, shallow bowl and sprinkle with the salt. Stand for 10 minutes to draw out excess liquid in the ginger. Strain off any extracted juices and place in a jar.
3. Combine the sugar and vinegar and then spoon over the ginger. Seal and refrigerate.
4. Store for up to 4 weeks. Serve with the sesame seeds.