

ATX Vegans + Wheatsville
Chef Morgan Mazur
Free Vegan Sushi Show!

What you'll learn:

How to ROLL Maki and Uramaki, how to press Nigiri Rolls, How to make various sauces, Vegan Smoked 'Salmon' and how to make the PERFECT Sushi Rice.

Maki - Mushroom Avocado Rolls

Uramaki - Avocado, Cucumber and Smoked Tofu Rolls

Nigiri - Avocado and Mango

Vegan Smoked "Salmon"

2 orange bell peppers
4 cups water
2 tablespoons dried wakame
1 tablespoon liquid smoke
2 minced garlic cloves
2 tablespoons soy sauce
The juice from 1/2 a lemon

Preheat oven to 400F. Place bell peppers on a baking tray and roast for 20 minutes (turning halfway). The skin on the peppers should easily peel off. Once the peppers are cool enough to handle, remove the stems, seeds, and skin. Cut into desired sized pieces and place in a container or bowl with a lid. Add all other ingredients into the bowl and let marinate for 24 hours.

Dipping sauce

1 crushed clove of garlic
1/4 teaspoon ginger juice
1/4 cup soy sauce
2 tablespoons water
1 tablespoon agave
1 green onion (chopped)

Combine all ingredients in a bowl and mix. Refrigerate until ready to use!

“Eel” sauce

- 1/4 cup soy sauce
- 1/4 cup cane sugar
- 1/4 cup mirin
- 1/2 teaspoon (few splashes) sesame oil
- 1 tablespoon cornstarch

Combine all ingredients (cold or room temperature) in a saucepan and whisk to dissolve the cornstarch. Heat over medium heat until the sugar dissolves and the sauce is the desired consistency.

How To Cook The Perfect Sushi Rice!**If Using a Rice Cooker**

- 1.5 cups sushi rice
- 2 cups water
- 1/4 cup rice vinegar
- 1 tablespoon sugar
- 1.5 teaspoons salt

If Using a Pressure Cooker

- 2 cups sushi rice
- 2 cups water
- 1/4 cup rice vinegar
- 1 tablespoon sugar
- 1.5 teaspoons salt

Rinse sushi rice twice with cold water. Drain through a mesh colander until the rice has dried for 5-10 minutes. Place the rice and water in the rice cooker or pressure cooker. Cook on the rice setting. Once the rice is done stir in the vinegar, sugar and salt. Let cool until warm/room temperature before rolling the sushi. Try not to let the sushi rice get cold or it will be difficult for the rolls to hold their shape.