



TUNA Bowl

Ingredients :

1 cup sushi rice

Toppings:

1 cup sushi grade tuna

1/4 cup cucumber

1/4 cup pea

1/4 cup carrot or corn

1/4 cup avocado

Pinch of nori (dry seaweed) and sesame seed

Directions :

- 1) Rice: Cook 1 cup of Japanese sticky rice (Nishiki, Cal Rose, etc.) with 1 cup of water and piece of dry kombu
- 2) Sushi vinegar: Stir or microwave to dissolve 1/2 cup rice vinegar, 1/4 cup mirin, pinch of sugar, sea salt, lemon juice and cool it down (not to boil)
- 3) Make sushi rice: Blend 1) and 2) sushi very well evenly and cool it down
- 4) Place 3) on a bowl and topped with chopped Toppings.

