

Chirashizushi on Sasasunakku.com

This serves two greedy or three normal people. The ingredients are pretty flexible so you can leave things out if you don't like them. Put the rice on to cook and prepare the other ingredients meanwhile; you'll need to use a rice cooker or the absorption method for this. Use slightly less (a few tablespoons less) water than you normally would.

2 cups short grain rice, washed and steamed

A tablespoon of sesame seeds, dry-toasted in a pan

1/3 telegraph cucumber, seeds removed (and skin, if it's thick) and julienned (or use a whole Japanese or Lebanese cucumber)

10 small or 6 large prawns, peeled and boiled (or you can use salmon roe, sashimi grade fish in cubes or even lightly smoked fish, flaked, if you like)

1/2 avocado, cubed

6 mangetout, boiled for 30 seconds, plunged into ice water, drained and sliced

1/2 sheet of nori, cut up in strips

A tablespoon gari (pickled ginger for sushi), minced

3 tablespoons sushi no ko (See picture, you can also use sushi vinegar, a mixture of rice vinegar, salt and sugar for this but I like the convenience and it doesn't make the rice wet)

For the omelette

Beat an egg lightly in a bowl and add 1/2 teaspoon of shoyu and 1/2 teaspoon of sugar. Fry like a pancake in a small pan over medium heat until set, turn out, cool and cut into strips.

For the carrot and shiitake

4 dried shiitake mushrooms, reconstituted in 1 cup water with stems removed and sliced
1 small carrot, julienned

Put 1/2 cup of water and the stock from reconstituting the mushrooms in a small pot over medium heat. Add 2 tablespoons of shoyu and 2 tablespoons of sugar and bring to a simmer. Add the carrots and mushrooms and simmer until carrots are soft but holding their shape. Scoop out with a slotted spoon.

Turn the rice out into a large non-metallic flat bowl (or hangiri if you have one) and sprinkle the suhi no ko over. Get someone to fan it while you turn the rice gently over in a cutting motion to avoid squashing the grains.

Scatter the other ingredients over and serve.