



Deconstructed Sushi Bowl

Recipe created by **Serena Caner** for **Shuswap Food Action Society**.

 Yield: 50 servings

 Serving Size: 250 mL rice w/30 mL of each topping

Ingredients

- 25 cups raw brown sushi rice
- 675 mL seasoned rice vinegar*
- 12 avocados, cubed
- 4 cucumbers, diced
- 625 g carrots, shredded
- 675 g cooked yam, diced
- 1 kg 26/30 Shrimp*
- 3 Nori sheets (seaweed)
- 1kg, edamame, steamed
- *For Vegetarian option: use fried tofu cubes
- *If using plain rice vinegar: mix 675 ml rice vinegar with 165 ml (2/3 cup) sugar and 50 ml of salt. Microwave 1 min to dissolve sugar and salt.

Mayo Dressing

- 375 ml mayonnaise
- 45 ml ketchup
- 30 ml soy sauce
- 30 ml rice vinegar
- 7 ml teaspoon sugar
- 7 ml sweet paprika
- 5 ml garlic powder
- 30-45 ml water

Method

Step 1

Rinse rice and cook rice according to the package. Typically sushi rice is cooked in 1:1 ratio for water to rice. Once finished, gently stir in seasoned rice vinegar (try not to mash it) Let it sit out to cool.

Step 2

Make Mayo sauce: whisk together all dressing ingredients and let it sit for at least 1 hour.

Step 3

Dice cucumber and shred carrot.

Step 4

Steam edamame according to the package.

Step 5

Cook shrimp according to the package.

Step 6

Thinly slice Avocado and cut seaweed in strips (if using whole sheets).

Step 7

Place rice in a 10 oz bowl. Top with 30 ml of each topping and 1-2 shrimp. Garnish with a squeeze of mayo and toasted sesame seeds (optional).



- If cooking prawns, heat to 74°C. Fish should be cooked to 70°C.
- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C.