

SUSHI – GUAM STYLE

Yum! Of course, the best sushi is from a Japanese sushi house.....easily found on Guam. However, when off-island one must make due. Sushi, Guam style, in addition to the veggies, includes sweetened eggs, daigo (yellow radish), imitation crab, spam, or hotdog.

INGREDIENTS

Makes 10 sushi logs

Set 1

4.5 c. uncooked, short grain (Calrose) rice

Set 2

½ c. + 2 T. rice vinegar

3.5 T. sugar

Set 3

8 eggs

3 T. sugar

3 T. water

Set 4

Approx. 6 inches of a long, **whole daigo** (yellow dyed radish)
sliced length-wise into strips

2 **avocados**, peeled, sliced lengthwise

2 long **carrots**, peeled, sliced lengthwise into strips

1 **cucumber**, peeled, sliced into strips lengthwise

choice of “**meat**”: spam, hotdog, cut into strips

choice of **seafood**: imitation crab, raw tuna, raw salmon, cooked shrimp

Set 5

10 seaweed sheets for sushi (sold in most grocery stores and Asian stores)

Tools: *sushi mat, plastic wrap, large bowl, non-stick pan (preferably a rectangular or square one), pan spray, rice cooker or large pot, 1 cup measuring utensil*

DIRECTIONS

1. Cook rice in a rice cooker or on the stove top. Leave in the pot and set aside. You will need the rice to be hot!
2. Cover the sushi mat with plastic wrap.
3. Prepare all vegetables / “meat” / seafood accordingly, see set 4. Set aside.
4. In a medium bowl, gently beat 8 eggs, 3 tablespoons sugar, and 3 tablespoons of water.
5. Spray non-stick pan w/ pan spray. Heat on low.
6. Pour lightly beaten eggs into pan and cook very slowly, so as not to brown the eggs.
7. When the top of the egg is set, flip over in the pan.
8. Allow eggs to cook completely.
9. Remove eggs from the pan as a whole.
10. When cool, cut into strips 1 centimeter wide.
11. Measure 8 cups of hot rice into a large bowl.
12. Pour the rice vinegar and sugar over the rice.

13. Using a rice scooper, fold rice onto itself so as to combine, somewhat smearing / smashing the rice.
14. If you don't have a rice scooper, use a baking / mixing spatula.
15. Continue this until the rice is barely warm.
16. Place a sheet of seaweed on the prepared sushi mat.
17. Spoon and spread a scant one cup of rice over the seaweed to a ¼ inch thickness.
18. About two inches up from the bottom of the roll, line your veggies / meats ensuring that each left / right end has a piece.
19. Take the bottom of the roll up and over the filling.
20. Using the mat, roll the sushi into a tight cylinder. Set aside.
21. Repeat #16 through #20 for remaining ingredients.
22. If consuming immediately, go ahead and slice each roll about a half inch thick. If eating later, wrap each roll in plastic wrap.
23. Sushi is best eaten the same day. Day old sushi is ok. Two days old sushi, well, edible, but you will notice the rice starting to harden slightly.

Recipe from REMEMBER GUAM by Paula Quinene of PaulaQ.com.