

delicious dish

The Sushi Bar – A Family Dinner Grocery, Tool List and Prep list - 2 pages

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
a sushi party, temaki, sushi bowl and poke bowl note: Use only the ingredients you like, you need a handful of each per person	Protein Assorted raw fish, about 115 grams/ ¼ pound per person About ½ pound unshelled cooked shrimp 1 package of crab sticks 1 batch Marinated Tofu, Delicious Dish (see ingredients below) 1 batch of Tamagoyaki, Delicious Dish (see ingredients below) ½ block of med-firm tofu Vegetables 1-2 ripe avocado 1 english cucumber 1 red pepper 1 semi ripe mango or papaya 3 green onions Handful of pea sprouts or sun sprouts 10 asparagus	1 package of dried seaweed - nori Dips/Sauces (you make whichever or as many as you like) Spicy Mayo Drizzle Kewpie mayo or regular mayo Low-sodium soy sauce Mirin Sesame oil Togarashi spice or sriracha Citrus-Soy Drizzle 1 orange 1 lemon Natural cane sugar Tamari Unsweetened rice vinegar Soy Maple Green Onion Sesame oil Light soy sauce or tamari Mirin Maple syrup 1 green onion	Large cutting board Good knife Mixing bowls	Have all ingredients ready
prepared sushi rice Please cook sushi rice ahead (see recipe for instructions)		Uncooked white sticky sushi rice or 3 rice cooker cups* Rice vinegar Sugar		Please cook sushi rice ahead (see recipe for instructions)

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Japanese tamagoyaki this recipe is optional, we will make it in class	4 eggs	Sugar Mirin Sea salt Light soy sauce or tamari Oil	20cm / 8 inch (small) non-stick frying pan A heat resistant brush 1 or 2 forks Sushi rolling mat cover mat in plastic wrap	Have all ingredients ready
marinated tofu This is a bonus recipe, please make it ahead	1 block of firm or extra firm tofu	Apple cider vinegar Tamari Grape seed oil Toasted sesame seeds		This is a bonus recipe, please make it ahead
sushi house salad with sesame dressing	1 onion 1 carrot, peeled 1 celery Fresh ginger Iceberg lettuce or Boston lettuce, torn into pieces (or any salad leave you like) 1 large tomato 1-2 carrots 1 English cucumber 1 avocado	Neutral-flavoured oil Sesame oil Rice vinegar Light soy sauce or tamari Sugar Freshly ground black pepper Toasted white sesame seeds		Have all ingredients ready