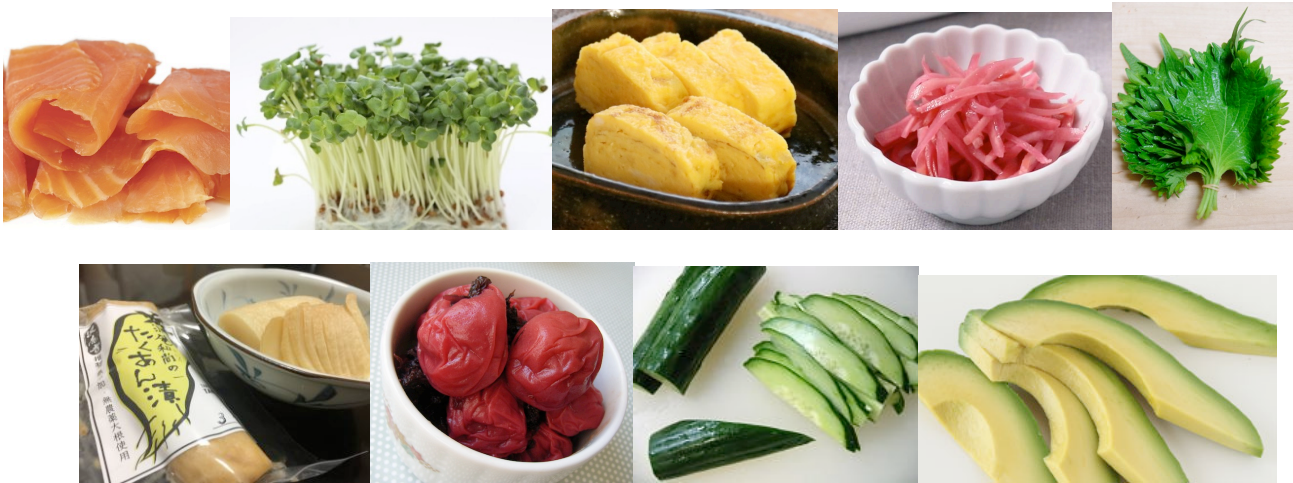


ÉHŌ MAKI-ZUSHI (Good Fortune *Setsubun* Rolled Sushi)
Mini *Futomaki* (Plump Rolls)



Each mini plump roll uses about 1/2 cup *sushi meshi* (rice that has been seasoned with a sweet vinegar mixture) + one, half-sheet of *nori* placed vertically on a *sudare* (slatted bamboo mat) with the shorter sides at top and bottom (pictured above, left).

Choose at least 5 fillings for each roll; consider the COLOR, FLAVOR, and TEXTURE of each filling as you make your rolls. To get you started, here are some popular fillings; Smoked salmon, *kaiwaré* (radish sprouts), omelet, red-pickled ginger, *takuan* pickle, *uméboshi* plums, *shiso* leaves (these 4 items can be purchased at most Asian groceries), cucumbers, avocado,



CLASSIC SUSHI MESHİ is a separate document to download or, use the recipe for CLASSIC SUSHI RICE on page 17 of KANSHA or SUSHI RICE on page 145 WASHOKU.

An illustrated summary of assembling a basic *Mini Futomaki* roll



Season and shape/pre-measure *sushi meshi*

It will be easiest if you pre-portion your (partly seasoned) sushi rice. One of the simplest ways of doing this is to dip a 1/2 cup measure (metal or plastic) in cold water (to keep the rice from sticking) then fill it loosely with sushi rice. Press to fill snugly. Invert to release rice.



Lay a *sudaré* mat on your work surface. Slats run horizontally, string tassels on the far side, away from you. Place a half-sheet of *yaki nori*, rough side facing up, on the mat; the shorter sides of the *nori* should be at top and bottom. With damp fingers, place a portion of *sushi* rice horizontally about one third up from the bottom edge of the *yaki nori*. Spread out so that the rice is slightly higher at back. Leave narrow borders of plain *yaki nori* on both right and left edges to compensate for the rice being pushed outward as you roll. Spread a horizontal line of *wasabi* OR sprinkle toasted sesame seeds in a line across the center of the rice. Lay fillings over the *wasabi* or sesame seeds, parallel to each other. Line up fillings wedging items that could scatter in the middle, between more stable items such as blocks of rolled omelet and smoked fish.



Place your thumbs under the near corners of the slatted mat. Hold the edges of the *nori* in place by pinching with your forefingers. (This will leave three fingers "free" on each hand, to hold fillings in place as you lift and roll away from you.)

Lift up the edges of the mat and flip the *yaki nori* over the rice and fillings, aiming to make contact just beyond the sloped rice. Several inches of plain *yaki nori* should be clearly visible after flipping.

With one hand, hold this *yaki nori* in place while tugging back slightly on the rolled portion of the mat. This will insure that your fillings are snugly enclosed. Continue to roll, lifting up the top of the mat and pushing the *sushi* away from you at the same time. Let the roll sit, seam side down, for a few moments

ÉHŌ MAKI (good fortune rolls) for Setsubun do NOT GET SLICED...
They are eaten *maru kaburi* (gobbled whole).