

手毬寿司 **TEMARI-ZUSHI (Pom Pom Sushi)** [original recipe KANSHA, pg. 43]



Left: Intensive Workshop September 2019 © Copyright Kathleen Gavigan  
Right: © Copyright Leigh Beisch (KANSHA page 42)

This recipe makes **20 bite-sized pieces of sushi** (5 different toppings, 4 each)

### Sushi Rice

2 cups *su meshi* (see separate document archived at <https://tasteofculture.com/wp-content/uploads/2021/02/Classic-Su-Meshi-handai-2021-update.pdf>)

### Toppings

- **Plum-Cucumber-Shiso**  
6-inch length seedless cucumber cut into long thin strips with a peeler  
2 fresh green *shiso* leaves, cut in half lengthwise  
1 *uméboshi*, flesh removed from pit and mashed OR 1 tablespoon paste
- 1/2 ripe **avocado** (+*wasabi*), sliced
- 2 dried **shiitaké mushrooms** (see separate document archived at <https://tasteofculture.com/wp-content/uploads/2020/03/SaShiSuSeSo-soy-simmered-shiitake-with-otoshibuta.pdf>) each sliced in half *sogi-kiri*
- **In-the-Pink Pickles** (KANSHA page 198), 3 or 4 *myōga* bulbs or 3 or 4 small leaves of radicchio OR commercially prepared slices of pink-pickled ginger
- 3 slices smoked salmon + *wasabi* + 1 thin circular slice lemon cut into 6 wedges

**Shape the rice:** Moisten your palms and fingertips with water to keep the rice from sticking to your hands. Divide the *su meshi* rice into 20 portions, each about 1 and 1/2 tablespoons. Shape each portion into a small sphere-like nugget. Set aside covered with a clean damp cloth and clear plastic wrap until toppings are readied. Do not refrigerate the seasoned rice; it will turn hard and crusty. Attempts to warm it up will result in mushy, tasteless rice.

**Prepare your workspace:** Using clear plastic wrap is the simplest (and most hygienic) method though clean (lint-free) cotton cloth could be used instead (the Japanese use a linen-like cloth called *sarashi* for straining stocks and shaping rice). Spread clear plastic wrap on a flat work surface such as an inverted cookie sheet or cutting board (if using cloth, you will need to wet it, then wring it out well). You will need 4 square inches (10 square cm) of wrap (or cloth) to shape each piece of sushi.

**Assemble the sushi:** Place the ingredients that will become toppings for each of the

Recipe adapted from  
KANSHA: Celebrating Japan's Vegan & Vegetarian Traditions  
(Ten Speed Press, 2010) by Elizabeth Andoh

nuggets on the plastic wrap (or cloth) first. Add a dab of wasabi (optional) and then place the nugget of seasoned rice over the topping.

Gather up the edges of the wrap (or cloth) and twist, forming a sphere; keep each piece covered until ready to serve. Or, unwrap onto a serving platter and cover the platter until ready to serve. Have soy sauce available as a dip for those who would like to use it.

