

# Sushi Snack Tales



## Rainbow Sushi

### Ingredients:

- \* Sushi Rice
- \* 3 sheet dried nori (seaweed paper)
- \* 3 tbsp. sushi vinegar
- \* 1/2 medium carrot
- \* 1/4 yellow pepper
- \* 5 cm piece of cucumber
- \* 1/2 raw beetroot

1. Cook the sushi rice per instructions. Rinse rice after cooking with cold water until water is clear.
2. With a sharp knife, cut the vegetable pieces into long pieces as thin as you can manage. (hint: prepare the beetroot last, as it will color the other vegetables).
3. Once the rice is cooked, add the sushi vinegar and mix well, fluffing the rice with a fork.
4. Lay a sheet of nori on a bamboo sushi mat, shiny side down. Fill a bowl with cold water to wet your fingers before you start handling the rice.
5. With wet fingers, scoop up a 1/3 of the rice and spread over about 3/4 of the nori sheet, leaving a strip of clear nori on the end furthest away from you. Pat the rice down in an even layer, being sure to take it right to the edges.
6. Pile up each of the vegetable fillings in a horizontal line across the rice.
7. Using the bamboo mat to help you, roll the sushi up tightly, rolling it away from yourself towards the strip of clear nori.
8. Once the all of the rice is in the roll, brush some water along the nori strip and finish rolling it up, gently pressing down as you do so to seal the edges.
9. Roll up the rest of the sushi in your nori sheets, then use a sharp knife to cut the rolls into sushi pieces. Serve with soy sauce, and enjoy!

# Sushi Snack Tales



### Books to Read Along:

*Kikuchi's Sushi* by Myung Sook Jeong  
*Yoko* by Rosemary Wells  
*Hiromi's Hands* by Lynne Barasch

