

List of Ingredients:

Rice

- 1 ½ cups of uncooked jasmine rice
- 2 cups of water
- 1 tsp of salt
- 1 tsp of sugar
- 2 tbsp of rice vinegar
- 1 tbsp of sesame oil

Tofu

- 16 oz block of extra firm tofu
- 2 tsp of sesame oil
- 2 tbsp of soy sauce
- Pinch of ground ginger
- 1 tsp of minced garlic (½ clove)
- 1 tsp of vegetable oil

Spinach

- 12 oz spinach
- 1 tsp of vegetable oil
- 2 cloves of garlic, minced
- ¼ tsp salt
- 2 tsp sesame oil

Carrot:

- 1 tsp of vegetable oil
- 2 large carrots
- 1 tsp soy sauce
- Pinch of salt

Dipping sauce:

- 2 ½ tbsp gochujang paste
- 1½ tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp maple syrup – Local ingredient

5 sheets of nori/seaweed wraps

Extra sesame oil

Recipe Directions

Rice:

Add rice to a bowl and gently rinse with water. Mix around, then drain water. This can be repeated 1 more time. Add rice to a pot and pour in water. Bring to a boil, then lower heat and let simmer for 10 – 15 minutes. Once cooked, let sit covered for 10 minutes. After this time, transfer rice to a new bowl and add in salt, sugar, rice vinegar, and sesame oil. Use a spoon/paddle to fluff and fold rice to mix.

Tofu:

Drain the water from the block of tofu. Cut into thick batons and add to a bowl with soy sauce, sesame oil, ground ginger, and minced garlic. Let marinate in sauce while pan heats up. Add 1 tsp of vegetable oil to a pan on medium to medium-high heat. Fry tofu until slight browned and crispy on the outside. Once done set aside on a separate plate.

Spinach:

Using a new pan, turn heat to medium and add in vegetable oil and garlic. After 1 minute, add in washed spinach and sauté until the leaves have shrunken and appear wilted. Remove from pan and set aside on a plate

Carrot:

Wash and peel carrots. Then cut into thin matchsticks. Using the same spinach pan, turn heat to medium and add vegetable oil. After adding in carrots, add salt and soy sauce and cook until carrots are softer on the outside (flexible and bendy), but not crispy or mushy. Remove from heat and add to a new plate.

Cucumber:

Cut cucumber in half horizontally and scoop out seeds. Cut into matchsticks and set aside

Dipping sauce:

Prepare dipping sauce by whisking together gochujang, rice vinegar, sesame oil, and maple syrup. Mix until you have a uniform consistency.

Assemble:

Lay one sheet of seaweed, rough side up and indented lines perpendicular to you, on a rolling mat. Add about 1 cup of rice to nori sheet and spread evenly across, except for 1 ½ inches at the top remain bare. Dip (gloved) hands/fingertips in water to prevent rice sticking to hands. About 1" from the base of the seaweed, start to add the fillings onto the rice evenly. After fillings, lift the base of the seaweed and roll it over the filling, squeezing and pressing from the center out to the edges. Continue rolling until all the rice is rolled, then brush some water along the edge of the seaweed sheet that's not covered by the rice until it feels sticky and moist. Continue rolling over the wet edge then press down gently to seal. Brush with sesame oil and cut into 10 pieces. Set aside and repeat the process. Drizzle sauce across rolls or set in a little bowl to the side for dipping.