



The Vegetable Sushi Cookbook

Izumi Shoji

PHOTOGRAPHS BY Noriko Yamaguchi

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by Izumi Shoji

foreword by Noriko Yamaguchi

Simple, healthy &
delicious
vegetarian sushi
from Japan's iconic
veggie blogger

Contents:

- **The Sushi Kitchen:** Tools (illustrated), Ingredients (illustrated guide), Make Perfect Sushi Rice
- **Sushi Styles:** Nigirizushi, Gunkanzushi, Makizushi, Chirashizushi
- **Grilling, Simmering, Pickling, Frying, Steaming**
- **Bento**
- **Other Dishes**
- **Party Recipes**
- **Afterword, Glossary, Index**



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251 x 191 mm; 112 pages; colour throughout: 100 photographs
100+ recipes; back-matter includes tools, cutting techniques, index

How To Make Nigiri-zushi

- 1 Rice will stick to dry hands, making it difficult to shape, so be sure your hands are damp when forming nigiri-zushi or otherwise handling sushi rice. It's best to prepare a 50/50 mixture of water and vinegar and use just enough to moisten your hands. If your hands are too wet, the rice will become soggy.
- 2 Put about two (20g) or about 1 1/2 tablespoons of sushi rice in your left hand. You don't have to weigh each piece. This should be enough to make a bite-sized piece of nigiri-zushi.
- 3 Form a length oval of rice about 1 1/2 in tall, 1 in wide, and 2 in long (2 x 1 x 1/2 in) by cupping the rice in your left hand and shaping it lightly with your right index and middle fingers. Don't press it too hard - you want the rice to be light and fluffy when you eat it. But if you use too little pressure, the rice will fall apart before it can be eaten.
- 4 Depending on the topping you might want to add wasabi at this stage. You can either put a dab on the shaped rice or spread it thinly on the back of the topping.
- 5 Arrange the topping on the formed sushi and lightly press it down on the rice. Your nigiri-zushi is ready to eat!

How To Make Gunkan-maki

- 1 Take about 10 cm (4 in) of sushi rice and form it into a ring shape as described to the left.
- 2 Wrap a 7 x 1 in (18 x 3.5 cm) strip of nori around the rice to enclose it. The nori should be wider than the height of the rice so that it will hold the sushi topping in place.
- 3 If the ends of the nori strip overlap by more than 1 in (2.5 cm), trim off the excess. Press a single grain of rice between the ends of the nori strip to glue them together.
- 4 Place the topping on the rice. If the topping is soft or fluid, it is best to use a spoon.

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The Vegetable Sushi Cookbook is the brainchild of Izumi Shoji, a hugely popular blogger and widely published home cook in Japan, who shares her expertise in taking a wide variety of vegetables and turning them into delicious and healthy sushi meals. Each recipe has been chosen for its healthy ingredients and delightful taste, and is easy to make with basic cooking skills and no special tools. (Alternatives are included for any ingredients that might be difficult to find in some areas.)

The author covers the entire range of sushi dishes, from nigiri-zushi (the popular finger-rice style) to maki-zushi (rolled sushi), and chirashi-zushi (scattered sushi in a bowl), including the oshi-zushi (pressed sushi) style popular in the Osaka area. Also explained in detail, with many photographs, are the various styles of preparing the vegetables for use in sushi dishes, from grilling to steaming and frying. Each dish is photographed in full colour.

There are additional chapters on making sushi bento, the popular lunch boxes that are changing many people's lunch habits, and how to prepare sushi for party events, enjoyable for both kids and adults.

Vegetable Sushi is a unique and flavourful way to enjoy a healthy lifestyle.

KEY FEATURES:

- Over 100 different recipes, all featured in easy-to-follow, easy-to-master steps
- Covers all types of sushi: nigiri, gunkan, oshizushi, makizushi, chirashizushi
- Also includes how to prepare the various vegetables to use with the different types of cooking used in Japanese cuisine: Grilling, Simmering, Pickling, Frying, Steaming
- Includes a section on making Sushi Bento, for kids, picnics, or lunches
- Includes a section with special recipes for creating party menus
- Illustrated with full colour photos for each recipe
- A large number of other photos illustrate the preparation process in detail
- Includes a section on the tools, ingredients, and how to make sushi rice

Balsamic-simmered Celery Oshi-zushi

This way of serving sushi really brings out the crunchiness of the celery, and the balsamic vinegar adds a smooth acidity. Rice vinegar may be used in place of balsamic, but the amount should be reduced to 2 tsp since it is much more acidic.

Ingredients for 8 pieces (note that if you are using plastic containers to press the sushi, the number of pieces may vary):

1 large stalk celery (5 oz / 150 g total)
1/2 tsp salt
1 tsp olive oil
1 Tbsp balsamic vinegar
1 1/2 cups (330 g, or 3 1/2 cups) prepared sushi rice

- 1 Slice the celery thinly.
- 2 Put the celery, salt, olive oil, and balsamic vinegar together in a covered pan over medium-high heat. When steam begins to come out from

under the lid, lower the heat and cook for 3 minutes or until just soft, removing the lid occasionally to stir with cooking chopsticks. Remove from heat and allow to cool.

- 3 Refer to the instructions for making oshi-zushi on page 65. Arrange the celery slices either in a wooden oshi-zushi mold or a flat-bottomed container lined with plastic wrap. Spread the sushi rice on top and gently press with the fingers to make a flat layer. Press the sushi in a wooden mold or plastic containers and slice as described in the instructions. Arrange on a serving dish.

Recipes continued on next page.



Steamed Mixed Vegetable Chirashi-zushi

Because you can use leftover sushi rice and any vegetables you have on hand, this makes a great last-minute meal. It doesn't matter what you use—anything will taste good.

Ingredients for 2 servings:

10 green beans
1/2 carrot (1 oz / 50 g total)
6 fresh shiitake mushrooms (2 1/2 oz / 100 g total)
3 Tbsp shredded pickled ginger
1 1/2 cups (330 g, or 3 1/2 cups) sushi rice

- 1 Top and tail the green beans and snap or cut into bite-sized lengths. Cut the carrot in half lengthwise, and then slice each half lengthwise into thin strips. Remove the stem from the shiitake mushrooms and cut into bite-sized pieces.
- 2 Lay a square of cooking parchment in the steamer basket and spread the sushi rice on top of it. Arrange the vegetables on the rice, and top with pickled ginger. Steam for 6-7 minutes.
- 3 Carefully transfer all ingredients from the steamer to a serving dish and mix gently together before serving.



Izumi Shoji is a Tokyo resident and mother, who took her interest in vegetarian cooking and began a blog—*Veji Dining: Yasai no gohan* ("Veggie Dining: Vegetarian Meals")—in February, 2007. The blog, with its daily recipes, quickly made an impact on the blogosphere (and now averages 60,000 unique users daily). Her first book, *Yasai no Gohan*, featuring recipes from her blog, was released in March, 2008, and sold over 70,000 copies. She has appeared in numerous magazines, and has regular columns in many women's glossies. *The Vegetable Sushi Cookbook* will be her fifteenth book.

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