

Nori Maki (Sushi Nori Rolls)

There is a knack to making good sushi that can be learned easily with a little practice. The key is the quality of the cooked rice, which should be slightly sticky and freshly cooked; it should be fairly cool but still contain some warmth. Take time to spread the rice evenly over the nori and to position the filling ingredients carefully. Roll up the nori slowly so the filling does not spill out.

In a small, deep pot, heat 2 inches oil to 350°F. Squeeze excess liquid from seitan and deep-fry until slightly brown and crisp (about 2 minutes). Remove and drain on absorbent paper. When cool enough to handle, cut seitan into thin strips. Place one nori sheet on a bamboo sushi mat with the stripping of the mat running from left to right. Spread half the cooked brown rice evenly over the nori, leaving a clear ½-inch space at the bottom of the mat and 1 inch at the top. With a chopstick, make an indentation in the center of rice running from left to right. Mix mustard and shoyu together, and spread half of mixture evenly over rice. Place half of seitan strips in indentation across rice. Starting at the bottom, roll up the sushi mat around the ingredients, pressing the mat firmly onto the nori. While rolling, slowly pull the leading edge of the mat back so it does not roll into the sushi. Continue rolling until the uncovered end of the nori is reached. Dampen this edge slightly with water and complete rolling to seal the sushi. A final gentle squeeze of the mat around the sushi

Preparation List:

Makes 2 rolls (12-16 bite-sized pieces)

- Sesame or other light vegetable oil for deep frying
- 1/2 cup seitan (wheat meat) pieces
- 2 sheets toasted nori
- 3 cups cooked brown rice, slightly cooled
- 2 tablespoons natural prepared mustard
- 1/2 teaspoon shoyu

will ensure a tight roll. Prepare the second roll. With a sharp knife, slice each roll in half, and then cut each half into 3 or 4 rounds. (To prevent sushi from drying out, cut just before serving.) Arrange, cut side up, on platter or individual plates, and serve.

*Recipe from Peter and Montse Bradford, authors of *Cooking With Sea Vegetables*.