

SUSHI RAW

Zucchini - slice up into thin strips

Cucumber - slice up into thin strips

Avocado – Slice and extract from skin

Carrot – grated

Ginger – grated - I like about a tsp per roll

Horseradish root – grated – its hot so not too much

Dolce chopped– for “fishy” flavor

Mushrooms – chopped and marinated, shitake or portabellas (nami shoyu for marinade)

Bean sprouts – chopped and marinated with mushrooms

Hummus – your favorite brand

Fresh Cilantro

Nori sheets – Raw Organic (Japanese preferably)

Put Nori shiney side down on bamboo sushi mat.

Add 1 “ strip of humus

Add veggies all

Roll tight with bamboo mat – wet end of Nori to seal then cut it with wet sharp knife.

Raw Vegan Sushi

by Susan on March 16, 2009



I love sushi.

The first time I ate it I was so surprised by the explosion of flavor that hit my tongue. It was so different from anything that I had ever eaten with it's refreshing and interesting combination of flavors. Even though sushi is thought of to be raw because of the raw fish, it contains cooked rice. Plus, most raw recipes are also vegan so, eating fish, even if it is raw, is not in the cards.

The challenge was to create a raw food recipe that would replace the rice but still have a texture that was close to what people are used to. I ended up sprouting Kamut, a wonderful grain that is full of protein and goodness. Processing it in the food processor gave it the texture that it needed to hold together. A sushi mat is needed to make this, but quite easy to use.

Raw Vegan Sushi

- 2 C Sprouted Kamut
- 1 T Nami Shoyu
- 1 T Toasted Sesame Oil
- Sunflower Sprouts
- 2 Carrots
- 1/2 Cucumber
- 1 Portobello Musthroom, marinated in nami shoyu and olive oil
- Avocado, Sliced
- 2 Seaweed Sheets



Step 1: Marinate the Mushrooms!

Cut the portabello mushroom into slices about 1/4 to 1/2 inch thick. Toss with 2 T of nami shoyu and 2 T oil and let sit for at least 1/2 hour.

Step 2:

Process the kamut, nami shoyu and toasted sesame oil in a food processor until the kamut starts to break apart. Set aside. Slice carrots and cucumber into match stick pieces, slice the avocado into 1/4 inch pieces. Set aside. Lay your sheet of seaweed on the sushi matt. Spread half the sheet with the kamut mixture. Place the avocado, carrots, cucumber, sunflower sprouts (not pictured) and mushrooms on top of the kamut.



Using the mat, carefully and tightly, roll the seaweed into a sushi roll. Cut with a serrated knife.

Kamut (contains low gluten)

Sprout – soak 12 hrs

Rinse and set 8-12

Rinse and set 8-12 – Done or one more cycle

Store in fridge after drying to touch