



RECIPE FROM HEN-GASHI



## FUTO-MAKI ROLL

Every fish knows that a futo maki roll increases good luck and fortune in those who consume it. Because of the item that Gyudon Bunko, the owner, keeps asking me for futo maki rolls, I am in need of making them very few are ever from selling. Please consider making them and contributing them to our festival, yes, you'll surely appreciate it!

**Difficulty:** Hard **Prep Time:** 1 hour **Cook Time:** 30 minutes

**Yield:** 2 rolls **Dietary Notes:** Fish, dairy free

**Equipment:** medium bowl, rice cooker, rice paddle, small bowl, whisk, medium frying pan, small measuring cups, sharp knife, fine mesh strainer

### Sushi Rice

2 cups (500 g) sushi rice  
2 tablespoons (30 mL) rice vinegar  
2 tablespoons sugar  
1½ teaspoon salt

### Tunaquashi

2 eggs  
2 tablespoons sugar  
2 teaspoons soy sauce  
2 teaspoons mirin  
Pinch of salt  
Nonstick cooking spray

### Seasoned Shikita Mushrooms

10 dried shikita mushrooms  
2½ cups (375 mL) hot water  
2 tablespoons granulated sugar  
1½ tablespoons finely packed brown sugar  
2 tablespoons mirin  
2 tablespoons soy sauce

### Roll

2 tunaquashi  
1 piece cooked onigiri  
2 sheets nori  
Cooked sushi rice  
1 cucumber peeled and cut into long strips  
Seasoned shikita mushrooms  
1 onion (25 g) shikita

1. Put the rice in a bowl, fill the bowl with cold water, and swirl the rice in a circular motion. The water will become opaque, which means the rice still needs more rinsing. Strain the water out and repeat with fresh water until the water stays clear when you swirl the rice.

2. Place the drained rice in the rice cooker, add the amount of water needed according to the manufacturer's directions, and cook the rice.

3. When the rice is done cooking, transfer it to a glass or ceramic bowl (don't use a metal bowl).

4. In a small bowl, combine the rice vinegar, sugar, and salt. Add the vinegar mixture to the rice while the rice is still hot. Using a rice paddle, fold the rice vinegar into the rice. Continue to fold and stir the rice with the paddle until it has cooled down, but aside.

5. In a bowl, whisk together the eggs, sugar, soy sauce, mirin, and salt. Spray a frying pan with a nonstick cooking spray, let the pan over medium-high heat and pour a thin layer of egg into the pan. Tilt the pan and swirl the egg to completely cover the bottom. Cook until the bottom of the egg mixture begins to set.

6. Fold the outer area of the egg towards the middle to make a rough rectangle. Take the bottom of the rectangle and roll up the egg away from you until the entire egg is rolled. Place the roll on one side of the pan.

7. Add additional nonstick cooking spray to the pan, move the roll to the opposite side of the pan, and spray the area the roll was sitting on. Pour another thin layer of egg in the pan, be sure to get the egg mixture below the roll to connect to this new layer. Cook until the bottom of the egg mixture begins to set. Fold the outer area towards the middle and roll the egg up, forming another rectangle. Repeat this process until all the egg mixture is used.

Continued on next page

# The Fantasy Cookbook

**Sabine Zange**



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