

Tech Coast Angels

SUSHI ROLLING CLASS WITH CHEF JENN FELMLEY

JUNE 8TH, 2021 | 5:00 PM | [TCASANDIEGO.COM/ZOOM](https://tcasandiego.com/zoom)



Ahi with Lemon Tobiko Roll

½ Cup Sushi Rice

1 Nori Sheet

3 Avocado Slices

2 Julienne Strips of Cucumber

*1 to 2 Oz of Ahi Sliced (Vegan Substitution -
Pickled Baby Carrots)*

1 Tbsp Lemon Tabiko



Sweet and Spicy Hamachi Cucumber Mango Roll with Beet Unagi "Eel" Sauce

½ Cup Sushi Rice

1 Nori Sheet

*1 to 2 Oz Hamachi
(Vegan Sub - 4 Slices
Avocado)*

4 Sticks Cucumber

4 Sticks Mango

2 Tbsp Soy Sauce

2 Tbsp Beet Juice

1 Tbsp Mirin

½ Tbsp Cane Sugar

1 Tbsp Sake

2 Tbsp Beet "Eel" Sauce



*Join your friends at TCA San Diego for one last (we hope)
virtual dinner party - a sushi rolling class with Chef Jenn
Felmley!*

*Catered by Emjaye Inspired, you'll be receiving the
ingredients above as well as a sashimi mat and a
bottle of cold sake. This virtual cooking class will
teach the basics about preparing your own
delicious sushi.*

Preparation Instructions

PLEASE NOTE!

The sushi rice must be prepared in advance of the cooking class by at least two hours so that it has time to cool down

VIDEO EXAMPLES

[Hamachi Cucumber
Mango Roll](#)

[Vegan Cucumber
Mango Roll](#)

[Ahi with Lemon
Tobiko Temaki](#)

*Sushi rolling mat
provided with meal kit*

Sushi Rice

Makes 4 cups

*2 cups sushi (or short grain) rice
2 cups water, plus extra for rinsing rice
¼ cup Sake (optional, if not using add water instead)*

Seasoning:

*⅓ cup unseasoned rice vinegar
2 Tbsp. granulated sugar
1 Tbsp. + 1 ½ tsp. salt*

Place the rice into a mixing bowl and cover with cool water. Swirl the rice in the water, pour off and repeat 2 to 3 times or until the water is clear.

Place the rice and 2 cups of water and ¼ cup Sake (optional) into a medium saucepan and place over high heat.

Bring to a boil, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from the heat and let stand, covered, for 10 minutes.

Make the seasoning mixture:

Bring rice vinegar, sugar, and salt to boil, stirring to dissolve sugar and salt. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture.

Fold thoroughly to combine and coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi. (You can use a hand fan to cool or even place it into the refrigerator for a few minutes to cool rapidly.)

Cover with a tea towel or clean cloth until ready to roll sushi.