

Keiko Uenishi's Sushi Balls and Clear Soup for Liz Phillips (vegan)

March 17th 2022

Hey Liz! It's been a really long time since I initially met you in Philly. I wanted something 'swirling' but ended up with the "Balls" and "Clear Soup" (where daikon & scallions might be swirling?!;) Lots of love to you & your daughter! //// Keiko

Sushi Balls (For 6 pieces)

Ingredients:

For Sushi Rice:

(I won't recommend you to use the "instant sushi rice seasonings" that are either coming in powder or liquid types as they typically contain MSGs.

A) Ingredients for cooking sushi rice:

- 2 cups of Rice (ideally sushi rice but any short-grain rice would do. Long-grain and/or Jasmine rice types won't do well as they won't stick or stay in the shape)
- 1 piece of Dried Kelp (2x2 inches size would be sufficient)
- 1 tbs of Sake
- Water – If you measure water "after you washed & soaked rice for 1hr", the measurement would be x 1.1~1.2 of the rice. If you measure water with unwashed/dry rice, it would be x 1.3~1.4. If you prefer brown rice, it may be x 1.5~2.0. However, as we use the 1tbs of sake mentioned above, reduce water by 1 tbs. (You may want to adjust water by experimenting. Sushi rice works better with slightly less water.)

B) Seasoning for cooked sushi rice:

- 4 tbs of Rice Vinegar (or Apple Cider Vinegar)
- 3 tbs of good Mirin without any additives (Japanese naturally sweet sake – if you don't have this, add tiny bit of sugar in the above vinegar)
- 1 tbs of Sake (perhaps inter-exchangeable w/ mild white wine that is fruity-sweet side but definitely not a 'dry' one even though my choice of drinking white wine is 'dry' one. As you'll use just a tiny bit of this, do not get an expensive bottle;)
- ½ tsp of Salt

For Toppings:

(You can go playful/creative choices for toppings as you like. Below is just a suggested list that is vegan. Of course, you can use sashimi-grade fish, cream cheese, etc. as you like...)

- Yuba (Dried tofu skin, rehydrated before use) w/ thin strips of carrots or cilantro with tiny bit of wasabi
- Radish (thinly sliced, lightly salted until soften and squeezed out its water before use) w/ grated ginger
- Dried shiitake mushrooms (rehydrated, their legs removed, sliced and cooked w/ small amount of soy sauce and mirin) w/ shichimi (seven spices) pepper optional
- Boston lettuce (or any leafy lettuce good for wraps, quickly rinsed with slightly salted boiled water for 5 secs) with tiny dots of ume (plum) pickled paste
- Ooba/Shiso (Asian basil leaf) slightly salted w/ thinly sliced mountain yam
- Nori (dried seaweed sheet) cut in the size of the ball w/ bits of sliced avocado marinated with freshly squeezed lemon juice (dots of tabasco optional)

Instructions:**Cooking Sushi Rice:**

A.

Rice

Pre-soak rice for 1hr (recommended) after washing.

Cook rice w/ ingredients A)

- 1) Bring to boil with a slightly opened lid
- 2) As soon as it's boiling, reduce the heat to simmer with the lid completely closed (Don't peek!) for about 20min
- 3) Turn off the heat and leave the pot with the closed lid for additional 10min

In the meanwhile, prepare the seasoning for the sushi rice:

B.

Seasonings

Bring Mirin, Sake & Salt in B) to boil. Cool it down to room temperature. Once it's cool enough, mix Rice vinegar (or Apple Cider Vinegar) with it.

C.

Take out the cooked rice in A. in a large bowl and immediately fluff it up with a wooden spatula by chopping motions. While mixing/fluffing, slowly apply the B. seasonings. (Traditionally, it's best to have someone to 'fan' some air towards the mixing motions to the rice appear shiny.)

D.

Cool down the seasoned sushi rice a bit.

E.

Fun time! Form the Sushi Rice Balls by hand.

F.

Add toppings as you make the Sushi Balls. It would make the process easier and less messy by using shrink wraps. It would also help some toppings to shape/stick around the balls.

Clear Soup (vegan)

Ingredients:

Water

Dried Kelp sheet (approx. 2x4 inches)

Soy sauce

Sake

Sea salt

Dried Shiitake mushroom – 2~3 pieces sliced thinly (rehydrated – Save the soaked water)

Daikon radish – sliced thinly in rectangular shape or ¼ fan shape

Carrots – sliced thinly (similar shape as Daikon)

Scallions – 2~3 of them sliced diagonally 1/2inch widths (or as you like)

Yuzu (or Lemon) peels - optional

Instructions:

1. Boil water + 3-4 tbs of the shiitake soaked water with pitches of sea salt in a soup pan with the Dried Kelp and Shiitake mushroom
2. Add Daikon radish & Carrots
3. As soon as the above mix reaches to boil, bring it to simmer for 10-15min.
4. Add white parts of Scallions
5. Add some soy sauce while you check tastes (Don't overdo!)
6. Add tiny bit of sake (and wait for the alcohol evaporates)
7. Turn off the heat
8. Add green parts of the Scallions at the end (or add them as toppings)
9. Optional: Make Yuzu (or Lemon) peels to add fragrance by adding them on the edge of soup bowls (one for each bowl.)