

Pumpkin Sushi



Ingredients

- 3 cups sushi rice (prepared as directed on package), cooled down to room temperature
- 10 sheets dried nori
- 1 small fresh pumpkin, peeled, seeded and cut into 1.5cm-thick logs, the longer the better but no more than 1.5cm thick. You will need about 20 logs. (From about ¼ of a small pumpkin).
- 1 cucumber, peeled, cut in half lengthwise, seeded and cut into 1cm sticks about 10cm long
- Spring onion, sliced long and thin (or chives)
- Black or toasted sesame seeds (optional)
- Spicy mayo (see below), soy sauce, wasabi paste to serve

Method

1. Roast the pumpkin in a single layer on a well-greased sheet until brown and tender, about 20 minutes; let cool.
2. Place a nori sheet on a bamboo mat that is well wrapped in plastic wrap. Have a cup of cold water on your workspace. Using wet fingers spread a thin layer of rice on most of the nori sheet; leave a 3cm space at the top of the sheet with no rice on it (this will be where you seal the roll). If your fingers become sticky, moisten them again and continue. Sprinkle the sesame seeds lightly over the rice.
3. At the bottom of the sheet lay 2 logs of pumpkin, side by side across the rice. Do the same with the cucumber logs and spring onion strips. Using the mat, roll the sushi away from you from the bottom toward the top into a tight roll. Use a bit of the water to wet the 3cm strip left with no rice on it to seal the roll tight. Lightly wet your knife to cut the roll into 6 to 8 clean pieces. Serve with spicy mayo, wasabi paste and soy sauce.

Spicy Mayo:

- ½ cup plain mayonnaise
- 1 teaspoon hot sauce, (tabasco)
- 1 small clove garlic
- 5 drops sesame oil



Place all ingredients in a bowl and grate the garlic in. Stir well and serve with pumpkin sushi, soy sauce and wasabi paste.