

NAPA CABBAGE (Won Bok) SUSHI

Ingredients:

4 lg Napa Cabbage leaves, white ends cut off at bottom 6 green beans, sliced in ¼” pieces
1 ½ t salt ¼ c water
2 c water 1 T soy sauce
2 c Calrose rice, cooked 2 t sugar
1 small carrot, diced in ¼” pieces

Sauce for rice: ½ c vinegar, ½ c sugar, 2 t salt

In small bowl make sauce by whisking vinegar, sugar, & salt till dissolved; set aside.

Put leaves in a large bowl, add 2 c water and 1 ½ t salt. Press cabbage down and lift up & down to dissolve salt, let sit on counter for about an hour. Quickly rinse, drain & pat dry.

To season rice add ½ of mixture first, taste and if you want more flavor, add more sauce.

In small pot add carrots, beans, water, soy sauce & sugar. Bring to a boil & simmer till fork tender (about 10 min). Drain and add to rice seasoned with sauce. Mix well.

To make sushi, lay a cabbage leaf on board or plate with white part facing you. With wet hands, form a rectangular ball with about ½ c of seasoned rice and vegetables, roll & fold like a package. White part may snap but leaves won't. Cut in half and place on dish cut side up.

Recipe courtesy of: Leonora Ching "The Pickle Lady"

The Pickle Lady's Pickle Passion Cookbook & Kiwi Shredders

available online:

www.pickle-passion.com

808-256-4070



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