



Hijiki Barasushi

Level: Easy

Serves: 10

Prep Time: 30 minutes

Cooking Time: 1 hour



For sushi rice:

4 cups white rice

2 tsp. salt

$\frac{1}{2}$ cup Japanese rice vinegar

$\frac{1}{2}$ cup white granulated sugar

Additional ingredients:

$\frac{1}{4}$ cup vegetable oil

2 pieces aburage (fried soybean curd), finely chopped

$\frac{1}{2}$ (2 oz.) package hijiki (dried seaweed)

1 medium carrot, finely chopped

1 (6 oz.) can Kogai-Ajitsuke (Japanese seasoned baby clams), drained & chopped

1 (5.5 oz.) pink kamaboko (steamed fish cake), finely diced

$\frac{1}{4}$ cup white granulated sugar

$\frac{1}{4}$ cup shoyu (soy sauce)

Garnishes (optional):

3 eggs, scrambled and fried as an omelet, then cut into strips

Sesame seeds

For the sushi rice: Cook rice as usual and let cool. Mix well the salt, rice vinegar, and sugar in a bowl. Pour over the cooked and cooled rice and gently mix until combined.

For the additional ingredients: While the rice is cooking, soak the hijiki in water for 30 minutes to soften, then drain all liquid. In a medium pan, heat oil until hot. Add the chopped aburage and fry until crispy. Next add the softened hijiki, carrots, kogai-ajitsuke, kamaboko, sugar, and shoyu. Pan fry until the carrots are cooked and soft. Take off heat and let ingredients cool. When the additional ingredients are cooled, add them to the sushi rice and mix gently until all ingredients are combined.

If desired, garnish with egg strips and sprinkle sesame seeds on the top.