:: *A Light Sushi Stack Dinner* ::
Zoom Cooking Class

Spicy Tuna Sushi Stacks

Green Pawpaw Salad

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Mango “Nice Cream”

P L E A S E R A T E U S !

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Spicy Tuna Sushi Stacks

We're at the peak of avocado seasoning, and I was trying to come up with a different way to use avocado. This recipe was inspired by a pin from pinterest, closetcooking.com. Using these measurements you should be able to make 4 stacks, in my house this will only feed 2 people.

Sushi Rice:

1 Cup uncooked short grained rice
2 Cups water
2 Tablespoons rice vinegar
1 Tablespoon sugar
1 Teaspoon salt

Place the rice in a medium saucepan and rinse the rice until the water is clear. Next bring the rice to a boil with 2 cups of water, cover, reduce the heat and cook for 20 minutes and all the water has been absorbed.

While the rice is cooking, heat the vinegar in a small saucepan and dissolve the sugar and salt in it.

Line a baking sheet with parchment paper, turn out the cooked sushi rice onto the line tray. Spread out the hot rice and pour the vinegar mixture over the rice. Using a paddle gently slice the rice to distribute the vinegar mixture and help the rice to cool. Cover the rice with a clean damp kitchen towel and set the rice aside.

Spicy Tuna:

2 4oz tuna steaks
¼ Cup soy sauce
1 Tbsp Sesame oil
2 Teaspoons ginger, grated
1 Jalapeno, finely diced
¼ Cup green onions, chopped
1 Tablespoon sesame seeds

Cube the tuna and place in a medium bowl. Add the remaining ingredients and toss to coat. Set aside.

Avocado and Cucumber Layer:

1 Cup Cucumber, small dice
½ Cup avocado, diced
½ Cup avocado, roughly mashed
1 Tablespoon lime juice
¼ Cup cilantro, chopped
Salt to taste

In a small bowl combine all the ingredients, and set aside to build the stacks.

Spicy Mayo:

½ Cup mayo
2 Tablespoons Sriracha
1 Teaspoon sesame oil

Combine all the ingredients in a small bowl.

For the stacks:

4 Teaspoons Furikake

To Build the Stacks:

Place your mold in the center of the plate. Spoon ¼ cup cooked sushi rice into the mold and pat down. Next add ¼ of the avocado mixture, and finally top with ¼ of the spicy tuna. Remove the mold, sprinkle with furikake and drizzle with the spicy mayo.

Optional: If you want to add some vegetables to the meal, serve the stacks with steamed Edamame beans and/or store bought seaweed salad.

Green Pawpaw Salad

Papaya (Pawpaw) is a fruit that is a big part of the West Indian diet. Versatile as a filler or wonderful on its own when ripe off the tree, we put it to a lot of uses around our house. This green pawpaw salad has always been a healthy hit around the house. It is easy to make and a unique addition to any menu (although privately this particular recipe is more Thai than West Indian with the way I do it here).

1	Tablespoon dried shrimp
3 ½	Oz. Borra beans (green beans can be substituted)
1	Medium lettuce, shredded
5	Cherry Tomatoes, halved
1	Medium green pawpaw (about 2 cups), peeled and grated
1/4	Cup lime juice
2	Tablespoons fish sauce
2	Teaspoons brown sugar
2	red chili peppers
1	Clove garlic
1/2	Cup unsalted roasted peanuts, roughly chopped

Pound the dried shrimp in a mortar and pestle into a fine powder, set aside.

To make the dressing use a mortar and pestle to pound the garlic and chili to make a paste. Add the sugar, lime juice, fish sauce, and ground shrimp. Set a side in a small bowl.

Wash and peel the green pawpaw, and grate on the larger side of a box grater. In a medium size bowl toss with a little of the dressing.

Cook the bora beans in a pan of boiling water for 2 minutes. Drain and then plunge into iced water, drain again. Shred the lettuce and arrange on a serving platter with the green beans. Top with the green Pawpaw and chopped nuts. Serve with white rice and carrot sticks.

Mango “Nice Cream”

A very simple and refreshing dessert!

6 Cups frozen mango
1 Tablespoon vanilla
½ Cup coconut cream
3 Tablespoons maple syrup (to taste)

Dump all the ingredients into a blender and process until smooth. The sweetness of mangoes varies, so start with 3 tablespoons of maple syrup and add if you need more to reach the sweetness you desire.

The nice cream can be eaten right away, or put into a tub and frozen for 2 hours. When serving, garnish with slices of fresh mango.

Here’s an ABSOLUTE cheat for those who want a shortcut…
Buy a can of mango in lite syrup and freeze it overnight. Take the can out of the freezer, and let it sit for 5 minutes. Open the can and dump the contents into the blender and process. The nice cream can be eaten right away, or frozen for later.

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Thank you!