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About

California Roll

From Setsuko Yoshizuka, Your Guide to Japanese Cuisine.

Inside-out Sushi Roll

California roll is one of the most popular sushi rolls in the world, but it isn't so popular in Japan. Since typical sushi rolls are rolled in dried seaweed, many people who aren't used to eat dried seaweed tend to have hard time to bite sushi roll. This is one reason that california roll is made inside-out, so that it's easy to bite.

California Roll Recipe:

Ingredients:

- 4 sheets [dried seaweed \(nori\)](#)
- 4 cups [sushi rice](#)
- 1 avocado
- 1/2 lb. imitation crab
- 1 tbsp mayonnaise
- 1/2 tsp salt
- 2 tsps sesame seeds

How to Cook:

1. Peel an avocado and cut it into strips or mash it.
2. Put imitation crab in a bowl and mix with salt and mayonnaise.
3. Cover a bamboo mat with plastic wrap.
4. Put a sheet of dried seaweed on top of the mat.
5. Spread sushi rice on top of the seaweed and press firmly.
6. Sprinkle sesame seeds over the sushi rice.
7. Turn the sushi layer over so that the seaweed is on top.
8. Place avocado and crab lengthwise on the seaweed.
9. Roll the bamboo mat forward, pressing the ingredients inside the cylinder-shaped sushi.
10. Press firmly the bamboo mat with hands, then remove the rolled sushi.
11. Cut the sushi roll into bite-sized pieces. *Wipe the knife with a wet cloth before slicing sushi.

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