



# Let's MAKE LUNCH

## LESSON FOUR

### Beef and Rice Sushi

#### BEEF SUSHI ROLLS

##### Ingredients

##### Sushi Rice

- ½ cup dry short grain (sushi) rice
- 1 cup water
- 2 tbsp rice wine vinegar
- 1 tbsp sugar
- ¼ tsp salt

##### Beef

- 2 tbsp soy sauce
- 2 tsp sesame oil
- 1 tsp honey
- ¼ tsp EACH salt and garlic powder
- 1 tsp sesame seeds
- 1 lb (500 g) **thin-cut beef steaks** (approx 4 steaks)

##### Sushi Roll

- ½ cup shredded or julienned carrots and cucumbers, enoki or diced mushrooms

##### Cooking Directions

- **Add** rice and water to a pot with a tight-fitting lid. Bring the water to a boil and reduce heat to low. Put the lid on and cook for 15 minutes. After 15 minutes turn off the heat and let stand with lid on for 10 minutes. The rice should be fully cooked. Place the rice in a bowl and stir in rice wine vinegar, sugar and salt. Mix and let rice cool.
- In a small bowl whisk together soy sauce, sesame oil, honey, salt, garlic powder and sesame seeds. Divide mixture in half, keeping half as a dipping sauce and the other half as a basting sauce.
- **Tenderize** each steak by pounding on just one side with a meat mallet or heavy fry-pan. Steaks should be approx. 3 mm thick. Brush each side of the steaks with the soy sauce mixture that was reserved for basting. Spread ¼ cup of rice mixture over each beef slice. Evenly scatter carrot, cucumber and mushrooms over rice on each slice. Roll up each, like a jelly roll, starting at short side of the steak. Tie each with 2 to 3 pieces of butcher twine.



- **Heat** oil in large oven-proof nonstick skillet on medium-high. Add sushi rolls and cook, turning often, until golden brown all over, about 4 minutes.
- **Transfer** to 400°F oven. Cook, turning each roll once, until cooked to about 140°F (60°C) inside when tested with digital instant read thermometer, about 10 minutes. Remove from oven and let stand for 5 minutes before slicing into 1-inch rounds and serving.

### Shopping List

- |                                    |   |
|------------------------------------|---|
| ½ cup dry short grain (sushi) rice | Sesame seeds  |
| Rice wine vinegar                  | 1 lb (500 g) thin-cut beef steaks (e.g. Strip Loin) |
| Sugar                              | 1 carrot  |
| Soy sauce                          | 1 cucumber  |
| Sesame oil                         | ½ cup enoki or button mushrooms                     |
| Honey                              |   |
| Garlic powder                      |   |

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

 **YouTube**  
/LoveCDNbeef

