FOODSERVICE GUIDE TO

BEEFSHI

East meets West as sushi gets beefed up!
The new culinary concept “Beefshi,” a creative take on traditional sushi that uses beef products like bologna, summer sausage, corned beef and pastrami as central ingredients, now has thousands of fans who have embraced its unveiling.

Developed by a Culinary Institute of America-trained chef, the recipes are designed to showcase prepared beef items in a new way that appeals to millennial consumers who are establishing their shopping habits. The Beefshi concept is brought to life in sixteen fun and engaging how-to recipe videos available at Beefshi.com. The Beefshi videos have been greeted enthusiastically online and in social media with countless consumers asking “where can I buy this?” Imagine if the answer could be “in my restaurant.”

During the retail-focused Annual Meat Conference in February 2018, hundreds of retailers sampled three Beefshi recipes and 55 completed a short survey to capture their reaction. Overall, 95 percent said they enjoyed Beefshi. Half of the retailers surveyed agreed that Beefshi was appropriate as a pre-made item for purchase at the supermarket. Twenty seven percent said it was suited to supermarket sales, as a menu item in a restaurant and for home preparation. Several retailers commented that Beefshi would be an ideal companion to traditional sushi in the service deli.

In response, the Meat Institute, a contractor to the Beef Checkoff, developed foodservice versions of eight original recipes plus eight new recipes in 2019 developed in partnership with state beef councils.

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### Taco Maki (AZ)

**Hand vinegar**
1 cups water  
¼ cup rice vinegar

**Maki**
8 sheets nori  
16 cups prepared sushi rice  
1 pound finely shredded spicy beef jerky  
32 cilantro sprigs  
2 cups sliced radishes

**Toppings**
Santa Fe style tortilla strips – 4 per roll for a total of 256  
Queso fresco crumbles  
Pico de gallo

**Sushi Rice see page 19**

In a small bowl, stir together the hand vinegar. Lay a bamboo sushi mat on a clean surface. Moisten hands with hand vinegar and shake off excess. Place a sheet of nori on the mat, shiny side down. Spread 2 cups of rice across the nori, leaving 1 inch empty at the end farthest from you.

Lay 2 ounces jerky slivers, 4 cilantro sprigs and ¼ cup radishes crosswise along the rice, covering half the surface closest to you.

Securing the jerky, cilantro and radishes with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Repeat with the remaining ingredients to make 8 rolls total.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on a sushi platter. Into the center of each roll stand four tortilla strips upright and then sprinkle each with queso fresco. Serve with pico de gallo.

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*% Daily Value: Based on a daily diet of 2,000 calories. Nutrient needs may vary depending on size, age, gender, overall health, and activity level.
Corny Cali Roll (CA)

Hand vinegar
1 cups water
¼ cup rice vinegar

Piquant Sauce
2 cups plain yogurt
¼ cup Dijon mustard
¼ cup prepared horseradish
2 avocados, mashed until smooth

Maki
8 sheets nori
8 cups prepared sushi rice
24 thin slices corned beef
2 avocados, cut into slivers
1 thin-skinned cucumber, cut lengthwise into thin strips

Toppings
- Rice seasoning
- Microgreens, peashoots or baby arugula
- Wasabi, for serving

Sushi Rice see page 19

Makes 8 rolls, 64 slices

In a small bowl, stir together the hand vinegar and set aside until needed.

To make the sauce, in a medium bowl blend together the yogurt, mustard, horseradish and avocado.

Lay a bamboo sushi mat on a clean surface. Moisten hands with hand vinegar and shake off excess. Place a sheet of nori on the mat, shiny side down. Spread 1 cup of rice across the nori, leaving 1 inch empty at the end farthest from you.

Lay 3 slices corned beef, 1/8th of the avocado and 1/8th of the cucumber slices crosswise along the rice, covering half the surface closest to you.

Securing the corned beef, avocado and cucumber with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Potato-Stick Crunch Maki

Hand vinegar
1 cups water
¼ cup rice vinegar

Rolls
12 beef hotdogs, 4 cut in half crosswise
8 sheets nori
12 cups prepared sushi rice
¼ cup onion dip
About 3 cups potato sticks, crushed

Onion dip, for serving

Sushi Rice see page 19

Makes 8 rolls, 64 pieces

In a small bowl, stir together the hand vinegar.

In a small skillet, fry the hotdogs until browned and sizzling.

Lay a sushi mat on a clean surface and cover with plastic wrap. Place a sheet of nori on the mat, shiny side down. Moisten hands with hand vinegar and shake off excess. Spread 1½ cups rice across the nori. Sprinkle the rice with a generous 1/3 cup crushed potato sticks and press them in gently. Turn the nori over so that the rice side is down.

Spread one tablespoon onion dip across the rice along one end. Lay 1½ hotdogs, end to end, on the onion dip.

Securing the hotdogs with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Remove the bamboo mat and set the roll aside.

Repeat with the remaining ingredients to make 8 rolls total.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on a sushi platter and serve with additional onion dip.

Nutrition Facts

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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Potato-Stick Crunch Maki**

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**Muffarolletta (LA)**

Hand vinegar
1 cups water
¼ cup rice vinegar

Rice
2 cups mixed olives, stuffed green and pitted kalamata, patted dry
3 tablespoons capers, patted dry
4 cloves garlic, minced
12 cups prepared sushi rice
Freshly ground black pepper

Rolls
32 slices thin sliced beef salami (about 1 pound)
12 thin slices part-skim mozzarella, cut into sticks
12 thin slices provolone, cut into sticks
1 cup chopped celery leaves

Toasted sesame seeds, for sprinkling

*Sushi Rice see page 19*

Makes 8 rolls, 64 pieces

In a small bowl, stir together the hand vinegar and set aside until needed.

To make the rice, finely chop the olives and capers and put them in a large bowl. Stir in the garlic and rice. Season to taste with pepper.

Lay a sushi mat on a clean surface and cover with plastic wrap. Lay 4 slices of salami on the mat, overlapping them by about ½-inch, to create a surface 7 inches wide and 6 inches deep.

Moisten hands with hand vinegar and shake off excess. Cover the salami with about 1½ cups sushi rice, leaving 1 inch empty at the end farthest from you.

Arrange 1/8th of each cheese along the center of the rice, crosswise, covering the half of the rice that is closest to you. Sprinkle the cheese with 2 tablespoons of the celery leaves.

Securing the cheese with your fingers, use your thumbs to push the end of the mat up and over the filling, until the one edge of the rice meets the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Repeat with the remaining ingredients to make 8 rolls total.

Slice each roll into 8 rounds, arrange on a sushi platter, and sprinkle each slice with some sesame seeds.

**Dansk Roll (MN)**

Hand vinegar
1 cups water
¼ cup rice vinegar

Sushi
8 sheets nori
8 cups prepared sushi rice
4 slices Danish rye, toasted and then processed into crumbs, about 2 cups
16 4”x8” slices roast beef
2 cups fried onions
2 sheets nori, cut into 24 ¼-inch x 3-inch strips
2 cups remoulade sauce, preferably Danish-style

*Sushi Rice see page 19*

In a small bowl, stir together the hand vinegar.

Lay a bamboo sushi mat on a clean surface. Moisten hands with hand vinegar and shake off excess. Place a sheet of nori on the mat, shiny side down. Spread 1 cup of rice across the nori, leaving 1 inch empty at the end farthest from you.

Sprinkle the rice with ¼ cup of the breadcrumbs. Lay 2 slices of roast beef on the rice, on the side closest to you, covering the surface. Sprinkle ¼ cup onions along the beef.

Securing the beef and onions with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Repeat with the remaining ingredients to make 8 rolls total.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on a sushi platter and serve with remoulade.

Makes 8 rolls, 64 pieces

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Nutrition information does not include sauce.
**St Paul Handroll (MO)**

- 6 eggs, beaten
- 3 cups shredded beef summer sausage
- 1 cup bean sprouts, coarsely chopped
- 1 cup mayonnaise
- ½ cup minced dill pickle
- 20 sheets nori, cut in half
- 8 cups prepared sushi rice
- 4 cups shredded lettuce
- 4 cups diced tomato
- Soy sauce, for serving

**Sushi Rice see page 19**

In a large bowl, beat together the eggs, summer sausage and bean sprouts.

Set a 10-inch non-stick skillet over medium heat and coat it with cooking spray. Pour in ¼ of the eggs and let them set until firm. Slide the omelet out of the pan and let it cool. Repeat three times with the remaining eggs to make four omelets. Cut all the omelets into thin slices.

In a medium bowl, blend together the mayonnaise and pickle.

To assemble hand rolls simply layer ingredients atop a piece of nori, starting with rice and building your roll as desired. After rolling you may want to tuck in additional ingredients. Roll the nori into a cone, sprinkle with soy sauce and serve.

**Makes 40 cone shaped rolls**

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**Beefy Weekly Maki**

- 1 cups water
- ⅛ cup rice vinegar

**Maki**

- 8 sheets nori
- 12 cups prepared sushi rice
- 8 teaspoons caraway seeds
- 1 tablespoon coarse salt
- 16 4x8-inch slices roast beef, warmed
- ⅛ cup finely shredded fresh horseradish
- 2 cups warmed beef broth, for serving

**Sushi Rice see page 19**

In a small bowl, stir together the hand vinegar.

Lay a sushi mat on a clean surface and cover with plastic wrap. Place a sheet of nori on the mat, shiny side down. Moisten hands with hand vinegar and shake off excess. Spread ½ cups of rice across the nori. Sprinkle the rice with 1 teaspoon caraway seeds and a light sprinkling of coarse salt. Turn the nori over so that the rice side is down.

Cover half the rice, crosswise, with 2 slices roast beef. Top with 2 tablespoons horseradish.

Securing the meat with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Make the remaining 7 rolls in the same manner.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on a sushi platter and serve with warmed beef broth for dipping.

**Makes 8 rolls, 64 pieces**
## Triple BLT Mega Roll (WY)

**Hand vinegar**
1 cup water  
½ cup rice vinegar

**Rolls**
1 ½ pounds sliced roast beef  
16 cups prepared sushi rice  
2 cups bacon bits  
4 cups arugula  
32 very thin slices beefsteak tomato  
Freshly ground black pepper  
1-2 cups bacon-flavored potato chips

Ranch dressing, to serve  
Additional bacon-flavored potato chips, to serve

### Sushi Rice see page 19

In a small bowl, stir together the hand vinegar and set aside until needed.

Lay a sushi mat on a clean surface and cover with plastic wrap. Lay 3 ounces beef slices on the mat, overlapping them by about ½-inch, to create a surface 7 inches wide and 6 inches deep.

Moisten hands with hand vinegar and shake off excess. Cover the beef with 2 cups sushi rice, leaving 1 inch empty at the end farthest from you. Sprinkle with ¼ cup bacon bits.

Cover the rice with ½ cup arugula, then lay four slices of tomato in a row on the side closest to you. Season the tomatoes with pepper. Cover the tomatoes with a handful of potato chips.

Securing the potato chips, arugula and tomatoes with your fingers, use your thumbs to push the end of the mat up and over the filling, until the one edge of the rice meets the other side. Press firmly on the roll to seal and shape.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat, peel off the plastic and set the roll aside.

Repeat with the remaining ingredients to make 8 rolls total. Slice each roll into 8 rounds, arrange on a sushi platter, and serve with ranch dressing and additional potato chips.

Makes 8 rolls, 64 pieces

## Wisconsin Inside Out Maki

**Hand vinegar**
2 cups water  
1/2 cup rice vinegar

**Maki**
8 sheets nori  
16 cups prepared sushi rice  
1 lb summer sausage, cut lengthwise into thin sticks  
1 lb sharp Cheddar, cut into thin sticks  
4 large dill pickles, sliced paper-thin, for serving

Spicy brown mustard, for serving

Sushi Rice see page 19

In a small bowl, stir together the hand vinegar.

Lay a bamboo sushi mat on a clean surface. Moisten hands with hand vinegar and shake off excess. Place a sheet of nori on the mat, shiny side down. Spread 1 cup rice across the nori, leaving 1 inch empty at the end farthest from you. Sprinkle with ¼ cup bacon bits.

Cover the rice with ½ cup arugula, then lay four sticks of summer sausage and 4 slices of cheese crosswise along the rice, creating rows of sausage and cheese and covering half the surface closest to you.

Securing the meat and cheese with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Make the remaining 7 rolls in the same manner.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on sushi platters with a pretty, loose pile of pickle slivers and a dish of spicy brown mustard.

Makes 8 rolls, 64 pieces
New York Deli Roll

Hand vinegar
2 cups water
1/2 cup rice vinegar

Futo-Maki
4 sheets nori
12 cups prepared sushi rice
3 tablespoons caraway seeds
4 ounces thinly sliced corned beef
1/3 cup prepared horseradish, well-drained
16 thin slices Swiss cheese (about 12 ounces), sliced into thin sticks

Dijon mustard, for serving

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Nutrition information does not include mustard.

Sushi Rice see page 11

In a small bowl, stir together the hand vinegar.

Lay a sushi mat on a clean surface and cover with plastic wrap. Place a sheet of nori on the mat, shiny side down. Moisten hands with hand vinegar and shake off excess. Spread half the rice across the nori. Sprinkle the rice with about 1 teaspoon caraway seeds. Turn the nori over so that the rice side is down. Cover half the rice, crosswise, with ¼ of the corned beef slices. Spread the corned beef with about 2 teaspoons horseradish. Cover the corned beef with ¼ of the cheese. Securing the meat and cheese with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Make the remaining rolls in the same manner.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on sushi platters and serve with Dijon mustard.

Makes 8 rolls, 64 pieces

Sunday Supper Sushi

Hand vinegar
2 cups water
1/2 cup rice vinegar

Au Jus
2 cups beef broth
1 tablespoon Worcestershire sauce
4 garlic cloves, slightly smashed

Sushi
18 thinly sliced roast beef (about 5 ounces), 8x3-inches each
Garlic salt, to taste
Freshly ground black pepper, to taste
4 cups prepared sushi rice
1 1/2 cups shredded carrots, very lightly blanched and cooled
1 1/2 cups pea shoots or watercress

6-8 radishes, very thinly sliced, for serving

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Nutrition information does not include mustard.

FUTOMAKI

**WITH REGULAR ROAST BEEF**

Nutrition information does not include au jus or radishes.

**Reduced sodium roast beef may be substituted; nutrition information when this is used in place of regular roast beef may be found at www.Beefshi.com.

Makes 8 rolls, 48 slices
Carolina Sushi

Hand vinegar
2 cups water
1/2 cup rice vinegar

Cabbage
8 large cabbage leaves, center rib removed
6 cups water
3 ounces salt
3 ounces sugar
1/3 cup cider vinegar

Maki
8 cups sushi rice
4 teaspoons celery seeds
12 ounces sliced bologna, cut into thin strips and fried
1 1/2 cups grated carrots
1/4 cup minced white onion
BBQ sauce, for serving

Sushi Rice see page 19

In a small bowl, stir together the hand vinegar and set until needed.

Put the cabbage leaves into a large bowl. In a medium saucepan, stir together
the water, salt, sugar and cider vinegar. Bring to a boil. Pour the hot water
mixture over the cabbage and stir to immerse all the leaves. Let sit for
30 seconds, drain, rinse with cold water, and squeeze the cabbage dry.

Lay a bamboo sushi mat on a clean surface. Moisten hands with hand vinegar
and shake off excess. Place 2 cabbage leaves on the mat to cover it. Trim any
excess along the edges with a scissors. Spread 1/4 of the rice across the
cabbage, leaving 1 inch empty at the end farthest from you. Sprinkle the rice
with 1 teaspoon celery seed.

Lay 1/4 of the bologna along the center of the rice and sprinkle it with 1/4 of the
carrots and onion.

Securing the fillings with your fingers, use your thumbs to push the end of
the mat up and over the filling, until the edge of the cabbage meets the rice on
the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently
on the roll into 8 slices. Arrange on sushi platters and serve with BBQ sauce.

Sleeping Dog Sushi

Hand vinegar
2 cups water
1/2 cup rice vinegar

Sauce
2 cups ketchup
1/2 cup red wine vinegar
1 tablespoon ground mustard, or more to taste

Sushi
1/3 cup pickle relish juice
4 cups prepared sushi rice
12 hot dogs
1 sheet nori, cut into 48 1 1/2-inch x 3-inch strips

Sushi Rice see page 11

In a small bowl, stir together the hand vinegar and set it aside until needed.

First make the sauce. Stir together ketchup, red wine vinegar and ground mustard. Set aside until ready to serve.

Sprinkle the rice with pickle relish juice and toss to distribute evenly. Moisten hands with hand vinegar and shake off excess. Shape a scant 1 1/3 tablespoons sushi rice into a slightly oval
shape, firmly pressing the rice together. Shape carefully, squeezing gently to create a uniform oval, about 2 inches long and 1 1/2 inch tall. Repeat until all the rice has been used.

Slice each hot dog into lengthwise quarters. Discard the outside slices that are curved on one side. Cut the remaining 24 hot dog slices in half crosswise, creating 48 pieces. Use a paring knife to shape each piece of hot dog into a chevron.

Set a grill pan or non-stick skillet over high heat. When the pan
is hot, set the hot dog chevrons in it, cut-side-down and cook
until nicely charred.

Set a piece of hot dog atop each rice oval. Wrap with a strip of
nori, arrange on sushi platters and serve with sauce.

Makes 48 pieces
### The Texan Roll

Hand vinegar
2 cups water
½ cup rice vinegar

**Rolls**
- 5 ounces thinly sliced roast beef
- 2 teaspoons chili powder
- 8 cloves garlic, mashed to a paste
- 8 cups sushi rice
- 5-6 limes, zested and juiced
- 1 tablespoon cumin seeds
- 4 jalapeños, trimmed and cut into thin strips
- 16 sprigs cilantro
- 1 cup cotija cheese crumbles, or feta

Pico de gallo or salsa, for serving

Sushi Rice see page 19

In a small bowl, stir together the hand vinegar.

Lay a sushi mat on a clean surface and cover with plastic wrap. Moisten hands with hand vinegar and shake off excess. Lay 2 pieces of roast beef on the mat to cover it. Sprinkle with some chili powder and ⅛ of the garlic, rubbing both into the beef with your fingers. Cover the beef with 1 cup sushi rice, leaving 1 inch empty at the end farthest from you.

Sprinkle a little lime zest and juice over the rice. Sprinkle the rice with cumin seeds.

Arrange 1/8th of the jalapeño and scallion strips, two cilantro sprigs and a sprinkling of cheese along the center of the rice, crosswise, covering the half of the rice that is closest to you.

Securing the jalapeño, scallion and cilantro with your fingers, use your thumbs to push the end of the mat up and over the filling, until the one edge of the rice meets the other side. Press firmly on the roll to seal and shape.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat, peel off the plastic and set the roll aside.

Repeat with the remaining ingredients to make eight rolls. Slice each roll into six rounds, arrange on sushi platters and serve with pico de gallo or salsa.

Makes 8 rolls, 48 pieces

### Reuben Roll

Hand vinegar
2 cups water
1/2 cup rice vinegar

**Rolls**
- 24 thin slices pastrami (about 6 ounces)
- 6 cups sushi rice
- 4 teaspoons caraway seeds
- 8 thin slices Swiss cheese (about 3 ½ ounces), cut into slivers
- 2 1/2 cups sauerkraut, rinsed, drained and squeezed dry

Russian dressing, for serving

Sushi Rice see page 11

In a small bowl, stir together the hand vinegar.

Lay a sushi mat on a clean surface and cover with plastic wrap. Lay ¼ of the pastrami slices on the mat lengthwise. Moisten hands with hand vinegar and shake off excess. Spread ¼ of the rice across the pastrami, leaving one inch empty at the end farthest from you. Sprinkle the rice with 1 teaspoon caraway seeds. Turn the nori over so that the rice side is down.

Cover half the pastrami, crosswise, with ¼ of the cheese and ¼ of the sauerkraut.

Securing the meat and cheese with your fingers, use your thumbs to push the end of the mat up and over the filling, until the edge of the nori meets the rice on the other side. Press firmly on the roll.

Lift up the top of the mat and roll firmly until tight and round. Squeeze gently to shape the roll. Press the ends in carefully to secure any loose rice. Remove the bamboo mat and set the roll aside.

Make the remaining three rolls in the same manner.

Use a very thin, sharp knife to cut each roll into 8 slices. Arrange on sushi platters and serve with Russian dressing.

Makes 4 rolls, 32 pieces

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**Nutrition Facts**

**WITH REGULAR ROAST BEEF**

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**Nutrition information does not include pico de gallo.**

**Reduced sodium roast beef may be substituted; nutrition information when this is used in place of regular roast beef may be found at www.BeefsHi.com.**
Sushi Rice

3 lbs 8 ounces short grain rice
9 cups water
2 3-inch square pieces kombu

Dressing
1 cup rice wine vinegar
4 ounces granulated sugar
2 teaspoons salt (about 1 ½ ounces)

Put the rice into a large mixing bowl and cover it with cold water. Stir the rice with your hands, massaging it to release the starch. Strain the rice through a large china cap or sieve and put it back into the bowl. Swirl the rice thoroughly and strain it again. Repeat once more.

Put the rice into a large rice cooker or very large saucepan. Add the water and kombu. If using a rice cooker, turn it on. If using a saucepan, cover tightly and set over high heat. When the water boils, reduce heat to very low. Let cook until all the water is absorbed. Turn off heat and let sit, covered, for 15 minutes. Remove the kombu from the cooked rice.

While the rice is cooking, make the dressing. Put the vinegar into a medium saucepan and set it over low heat. Stir in the sugar and salt until dissolved. Remove from heat and let cool.

Spoon the hot rice onto a full size sheet pan and immediately drizzle the dressing over it. Use a rice paddle or wooden spoon to gently stir the rice to coat it. Be careful not to mash or break the rice.

Let the rice cool until it is just barely warm to the touch. Put the rice into a large mixing bowl and cover with a damp towel to keep it moist.

To refresh leftover rice that has been refrigerated, sprinkle it with water, cover with a damp towel and microwave until hot and tender.

Makes 24 cups
For more recipes, videos, preparation information and nutrition, visit

**BEEFISHI.COM**