

# CALIFORNIA ROLL



## Ingredients:

- 2 nori sheets (seaweed paper)
- 1.5 cups sushi rice
- 4 teaspoons flying fish roe
- 1 cucumber cut into thin slices
- 1/2 lb crabmeat
- 1 avocado

1. Lay 1 nori sheet on a rolling mat and spread on 3/4 cup sushi rice. Make sure to leave 1/2 inch of clear nori at far side and making a small ledge of rice in front of this strip.
2. Place 2 teaspoons of flying fish roe along center of rice.
3. Lay crabsticks, cucumber strips and one-quarter of avocado slices along center.
4. Roll mat over once, pressing ingredients in to keep roll firm, leaving the 1/2 inch strip of nori rice-free.
5. Covering roll (but not rice-free strip of nori), hold rolling mat in position and press all around to make roll firm.
6. Then Lift up top of rolling mat and turn roll over a little more so that strip of nori on farside joins other edge of nori to seal roll. Use your fingers to make sure roll is properly closed.
7. Roll entire roll once more, and use finger pressure to shape roll in a circle, an oval, or a square. Using a sharp knife, cut each roll in half, then cut each half in half again. Cut gently.