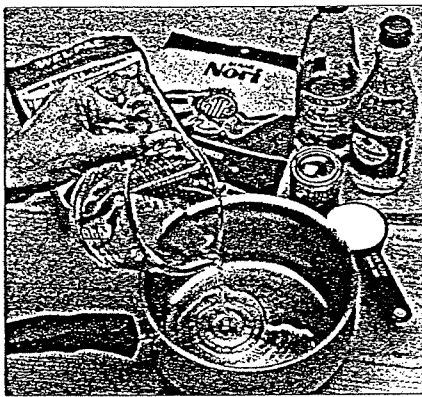


Sushi

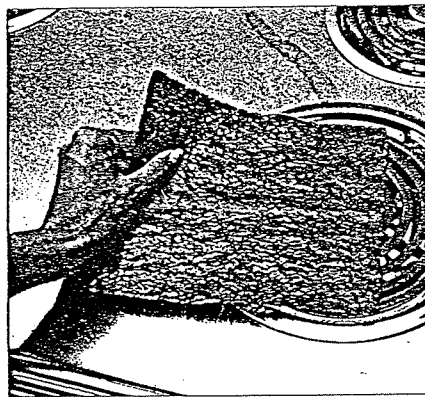
Makes 32 pieces

2- $\frac{1}{4}$ cups	water	550 mL
2 cups	Japanese rice, rinsed and drained	500 mL
$\frac{1}{3}$ cup	rice vinegar	75 mL
$\frac{1}{4}$ cup	granulated sugar	50 mL
2 tbsp	mirin (rice wine)	25 mL
2 tsp	salt	10 mL
4	sheets nori (pressed seaweed)	4

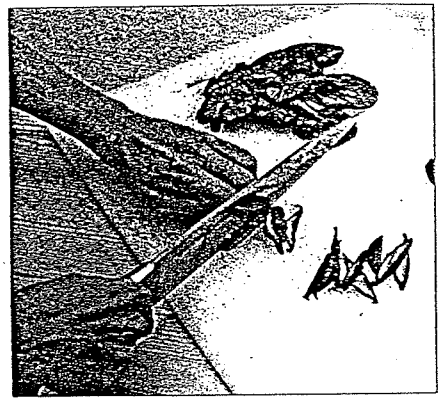


1 In 8-cup (2 L) saucepan, cover and bring water and rice to boil; boil for 2 minutes. Reduce heat to low; cook for 15 minutes. Remove from heat; let stand, covered, for 15 minutes.

Meanwhile, in small saucepan, bring vinegar, sugar, mirin and salt to boil, stirring just until sugar dissolves; let cool.

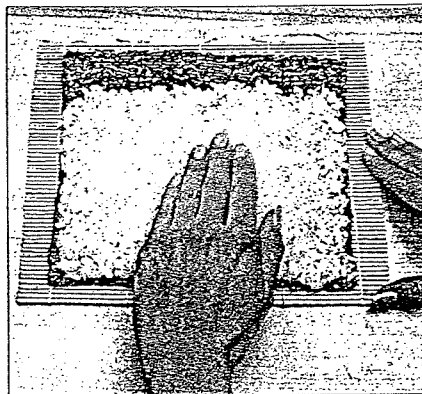


2 Spread rice in large shallow dish. Sprinkle with half of the vinegar mixture; toss with fork until combined. Toss with remaining vinegar mixture. Cover with damp tea-towel; refrigerate for 45 minutes or until cooled to room temperature. Meanwhile, toast nori sheets by quickly brushing over element on high heat 10 times per side; set aside.

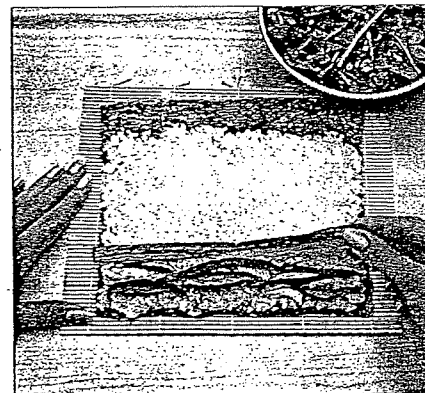


3 Filling: Meanwhile, in small saucepan, soak mushrooms in $\frac{1}{2}$ cup (125 mL) warm water for 30 minutes. Add soy sauce and sugar; simmer for 10 minutes or until no liquid remains. Discard stems; slice caps thinly. Combine wasabi with a few drops of water to form paste.

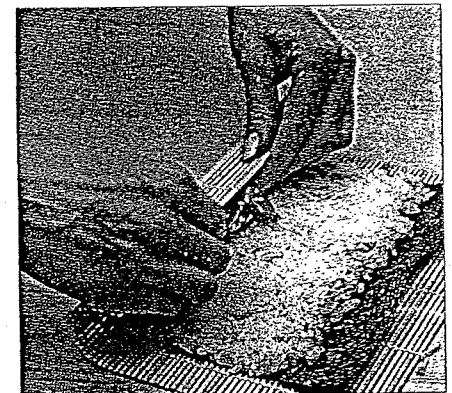
optional



4 Place rolling mat (*maki-su*) on work surface with shortest side closest; place nori sheet, shiny side down, on mat. With wet fingers, press one-quarter of the rice evenly over nori, leaving 1-inch (2.5 cm) border on far side uncovered.



5 Dab thin line of wasabi over rice $\frac{1}{2}$ inch (1 cm) from closest edge. Top with one-quarter each of crab, then mushrooms. Arrange one-quarter of cucumber in row beside mushrooms; top with one-quarter of the watercress. Sprinkle with $\frac{1}{2}$ tsp (2 mL) sesame seeds.



6 Holding filling in place with fingers, tightly roll mat over filling. Using mat as guide, continue to roll up firmly, jelly roll-style, squeezing to compress. With sharp wet knife, trim ends; cut roll into eight $\frac{1}{2}$ -inch (1 cm) thick slices. Repeat with remaining ingredients.