

Vegan Lion's Mane Mushroom Sushi

Ingredients

- 1 cup short grain sushi rice
- 2 ½ tbsp. + 1 tsp. rice wine vinegar (divided)
- ½ tbsp. sugar
- ½ tsp. salt
- 2 oz. lion's mane mushroom
- ½ tsp. dulse powder (substitute other seaweed if needed)
- 1 tbsp. soy sauce
- Oil, for cooking
- 1 small sweet potato
- 9-12 chives (or a few scallions)
- 3 sheets of sushi nori

Steps

1. First make the rice- rinse the rice in a bowl of water, swishing it around and replacing the water until it stops becoming cloudy and remains clear. Place it in a pot, along with 1 ¼ cup water and bring to a boil, stirring occasionally. Once boiling, lower the heat to a low simmer, cover with a lid, and cook until all the water is absorbed (8-10 minutes). While the rice is cooking, combine the 2 ½ tbsp. rice vinegar with the sugar and salt and stir until dissolved. Once the rice is cooked, place it in a bowl and cover with the vinegar mixture. Stir until it's all coated, and set aside on the counter until it's completely cooled.

2. Next cook the lion's mane- cut the mushrooms into "steaks", about ½ inch thick. Mix the remaining tsp. of rice wine vinegar with the dulse powder, soy sauce and 2 tbsp. water and place the mushrooms in, making sure both sides get covered in the marinade for a few minutes. In the meantime, heat a little oil in a large skillet. Place the mushrooms in the hot pan, and cook for a few minutes on each side, until seared. Remove from the pan, let cool, and then cut into thin, long strips.

3. Cook the sweet potato simply- you could boil or roast it, but I just puncture mine with a few fork holes, and then microwave on high for 5 minutes. Remove the skin, and slice into long, thin strips.

4. Once the rice is totally cooled, assemble the rolls. Place a sheet of nori on a clean surface in landscape position (as opposed to portrait), and use 1/3 of the rice to cover the bottom 2/3 or so with a thin layer of rice, using your fingers to spread it evenly.



In the center of the rice, place 3 or so chives down the length of the roll, as well as strips of the cooked lion's mane and sweet potato. Gently roll the sushi by picking the edge closest to you and rolling it in on itself. Brush a small amount of water on the edge of the nori with no rice to seal it. Repeat with the two remaining rolls. Finally, use a serrated knife to cut the rolls into 6-8 even pieces. Eat immediately, and serve with soy sauce, pickled ginger, and wasabi.