

Kabocha Squash Vegan Tempura Sushi Roll

Ingredients

Tempura

- ½ cup all-purpose flour
- 2 tbsp. cornstarch
- 1 tsp. baking powder
- ½ tsp. salt
- ½ cup cold carbonated water
- ¼ medium-sized kabocha squash
- Oil, for frying

Sushi Rice

- 1 cup short grain sushi rice
- 2 tbsp. seasoned rice vinegar

Pickled Radish

- 5 small red radishes
- ½ cup white vinegar
- 1 tbsp. sugar
- ½ tsp. salt
- 1 clove of garlic, minced

Other ingredients:

- 1 ½ ripe avocados
- 3 sheets of nori
- Sprouts, for garnish

Steps

1. First prepare the sushi rice. Rinse the rice under cool water, swishing it around, until the water that runs off is clear. Place the rice in a pot with 1 ¼ cups of water, bring to a boil, cover, and reduce to a simmer until fully cooked. Once cooked, mix in the seasoned vinegar, stir to distribute, and set aside to cool fully.
2. Next make the radish pickle. Slice the radishes into small batons and mince your garlic. In a small saucepan, combine ½ cup water with the vinegar, sugar, salt, and garlic. Heat gently, until the sugar is dissolved and remove from the heat. Place your chopped radishes in a small jar, and pour the pickling brine over them. Let sit



for 30 minutes or longer.

3. Next work on your tempura. Peel the skin of the quarter of a kabocha squash, and cut it into sticks about the size of your pointer finger. Heat your oil until it reaches 325°F (160°C). To make your batter, combine the flour, salt, cornstarch, and baking soda. Whisk, and add the carbonated water. Once your oil is at the right temperature, fry your squash in batches. Submerge the squash slices in the batter, and shake off the extra batter before placing in the hot oil. Fry for 3-4 minutes, until crispy and golden. Remove from the oil with a slotted spoon, and place on a plate lined with paper towel. Repeat with the remaining squash.

4. To create the avocado topper, cut a ripe avocado in half and gently remove the half from the peel. Thinly slice the avocado the short way across, all the way down the length. Place the avocado on a piece of plastic wrap, and gently push the slices down and apart, so they create a long row with slices that overlap. You will need one half avocado for each of the three rolls. Sprinkle a little lemon juice on them to avoid browning.

5. Assemble your sushi by spreading about 1/3 of the prepared rice in a thin layer on a piece of nori- you should cover 2/3-3/4 of the sheet, leaving a small piece of nori uncovered at the end. To the middle of the rice, add a row of the tempered squash. Next to it add a row of the pickled radishes, about as thick as the squash. Roll the sushi away from you, closing the tempura and pickle in the rice. Brush a little water on the end of the nori without rice, and gently but firmly press it to seal the roll closed. Use the plastic wrap to transfer the avocado on top of the roll, gently patting it in place. Cut the sushi roll into pieces, repeat with the two remaining rolls, garnish with sprouts, and serve immediately.