

# Sushi Salad

Recipe By *Estee Kafra*



Cooking and Prep:  40  
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Serves:  6

Contains:   

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Shabbat

**Diet:** Vegan

**Source:** Family Table by  
Mishpacha Magazine

**Cuisines:** Asian

I have to admit that sushi salad has not been on my recipe repertoire at all. I wasn't sure my family would like it, and I imagined it to be more work than it was worth. But two readers of Kosherscoop.com requested a recipe, and then I went to my sons' school tea and tasted a really delicious version made by my friend Dassi. I made it for Yom Tov and it was unanimously approved by all 11 people around the table. This recipe is inspired by a sushi roll I particularly like, and I chose to plate it individually for a beautiful appetizer. The lemons are the secret to the wonderful flavor. Recipe by Estee Kafra.

## Ingredients (17)

### Salad

- 1 Bosc or bartlett pear, thinly sliced
- 1 cup edamame beans, blanched
- 1 and 1/2 cups imitation crab

- 1/2 lemon, very thinly sliced (leave peel on)
  - sweet potato chips, for garnish
  - 1 avocado, halved and sliced thinly
  - 1 mango, diced, for garnish
  - 1 baby English cucumber, diced
  - approximately 2 tablespoons black sesame seeds, for sprinkling
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## Sushi Rice

- 3 and 1/2 cups short-grain sushi rice
  - 4 cups water
  - 5 tablespoons rice vinegar
  - 2 tablespoons sugar
  - pinch salt
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## Dressing

- 1/4 cup **Gefen Soy Sauce**
  - 1/4 cup rice vinegar
  - 1/4 cup toasted **Gefen Sesame Oil**
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## Start Cooking

### Prepare the Rice

1. Wash rice in cold water at least three times to remove excess starch.
2. Bring water and rice to a boil and cook for two minutes, uncovered. Then let simmer, covered, for 15-20 minutes, until water is absorbed. Remove from heat, remove lid, and let stand for five minutes.
3. While the rice is standing, combine the vinegar, sugar, and salt in a bowl. Mix thoroughly and briskly until the sugar and salt are dissolved.
4. Fold the vinegar solution into the cooked rice with a rubber spatula. Cover with a clean

dishtowel and allow rice to stand for another five minutes.

### Assemble the Salad

1. Cut the thin slices of lemon into small wedges and combine with the imitation crab in a bowl. You can squeeze a bit of lemon juice from the other half of the lemon into the bowl as well (approximately one teaspoon). Mix to coat evenly.
2. Line an individual springform pan or a large ramekin with plastic wrap. Press enough rice into it to fill to desired height (depending on what you use). Turn it over onto your serving plate and top with pears, fish, and lemon mixture. Sprinkle with edamame beans, drizzle dressing, and top with sweet potato chips.
3. Place the avocado slices, cubed cucumber, and mango all around the perimeter of the rice. Pour dressing over all.

#### Note:

If you're assembling the salad in a serving bowl, place rice on bottom and all other ingredients above it, topping with chips and sesame seeds. You can also layer in stemmed bowls for a nice effect. There is enough rice here for 12 individual portions.

#### Tip:

The rice and dressing can be made 24 hours in advance; just leave at room temperature.

### Credits

Photography: Daniel Lailah

Food Styling: Amit Farber