



## **Sushi Rice**

**Yields 10 lbs.**

**4 cups uncooked short brown rice**  
**¼ cup toasted sesame seeds**  
**2 small red onions, chopped fine**  
**2 Tbsp. fresh ginger, chopped fine**  
**1 bunch Italian flat parsley , chopped fine**  
**2-3 sheets toasted Nori seaweed**

### **WET INGREDIENTS:**

**½ cup sesame oil**  
**1 cup tamari**  
**¼ cup brown rice vinegar**  
**¼ cup brown rice syrup**

### **PROCEDURE:**

- 1. Cook brown rice in 8 ¼ cups of water, a little mushy but not wet, stir while cooking, no salt, about 45 mins.**
- 2. let cool in large bowl by spreading out to the sides**
- 3. mix all wet ingredients together**
- 4. mix cooled rice with red onion, parsley**
- 5. snip nori with scissors until very fine, like threads,**
- 6. adjust nori by eye, garnish with sesame seeds**

**Cooks Notes: Dress only half the salad at a time, refig. The rest. Will stay for 3-4 days, undressed**