
Sushi

Posted by SeoulKiwi - 2008/09/16 14:52

What do you put in your raw sushi?

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Re:Sushi

Posted by Squirrelletta - 2008/09/17 01:15

I'm having my book club at my home this month and will be hosting the dinner. I asked if everyone was OK with a 100% raw menu and they are all very excited. (No one in this group has ever done anything close to raw, let me assure you...LOL)I told them i wont be offended if they all car pool to McDonalds after! :P

So..I'm going to be using parsnip as the "rice" as I've heard is pretty tasty. I've had raw sushi with nuts as the "rice" and it was just too much for me. I'm down to pretty simple light greens, green smoothies, juice and fruits and too many nuts make me sick as a dog.

So I figured as the appatizer I'd do the parsnip w/ some organic rice vinegar and see how it comes out. I'll let you know!

-Squirrelletta:woohoo:

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Re:Sushi

Posted by SeoulKiwi - 2008/09/17 14:31

Will you grate the parsnip?
Sounds really interesting, please let me know how it works out.

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Re:Sushi

Posted by Squirrelletta - 2008/09/17 19:03

I was going to put it in the processor and buzz it a couple times quickly and watch so it doesn't get too fine. So its like "Rice" size you know?

My party's not till next month and I bought some parsnips to try it first (LOL)...so I'll make some this weekend when I have time and let you know how they came out!

As for the "guts"-I was just going to use some finely julieanned (sp?) veggies like carrot, celery, cuc's and maybe some soaked seaweed. Perhaps some avocado too...the sky's the limit right?!

Have fun..not much you could do wrong! It will all be yummy!

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Re:Sushi

Posted by SeoulKiwi - 2008/09/20 05:12

Oooo let me know how it works out.

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Re:Sushi

Posted by Squirrelletta - 2008/12/02 23:54

BTW: The all parsnip "rice" was WAYYYYYYYYYY to ...ummm..."Parsnipy"?

Definately mix it with pinenuts or use one of the mixture recipes. It also dint stay together very ell because of the dryness of t, even with added vin & yacon root syrup...

FYI.

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