



Chochos (Lupines) Sushi Rolls

Ecuador | Medium | 1 hour | 4 servings | *Appetizer or main dish*

This recipe is for vegetarians or for sushi lovers who want to reduce their fish consumption. It was born out of a desire to go beyond traditional sushi rolls.

Tools and equipment

- ~ Food processor
- ~ Pot
- ~ Spatula
- ~ Sharp knife
- ~ Wooden spoon
- ~ Measuring cup
- ~ Measuring spoons
- ~ Bamboo mat

Directions

Preparation of Lupines Japanese Mayonnaise

1 Combine lupines, soy sauce, peanut butter, water and sugar; Put the mixture into a food processor and mix until fully combined and smooth. Set aside.

Preparation of mushroom filling

2 Heat sesame oil in a medium-size skillet over medium-high heat.

3 Add spring onions and mushrooms and cook, stirring occasionally, until mushrooms fully release their liquid (about 5-6 min). At the last minute, add sesame seeds and cook for an extra minute, stirring constantly. Set aside.

Preparation of Sushi Rolls

4 Prepare rice and set aside to cool.

5 Evenly halve a sheet of nori seaweed and place over a bamboo mat.

6 Wet your hands and spread a thin layer of cooled rice over the nori seaweed sheet and gently press on it. Repeat this process until all the seaweed is covered.

7 Sprinkle sesame seeds on top of the rice and turn the sheet around (leaving rice on the bottom).

8 On the green side of the nori seaweed, arrange a line of cucumber, a line of lupin mayonnaise, a line of mushroom filling and a line of avocado.

9 Lift the end of the bamboo mat and gently roll it over all the sushi ingredients, pressing softly. Once the sushi is rolled, wrap it with the bamboo mat and gently squeeze on the bottom to compact it tightly.

10 Repeat the same procedure with the remaining ingredients.

11 Cut each roll into 1 inch pieces with a very sharp knife dipped in water.

12 Serve with pickled ginger, soy sauce and wasabi.



Ingredients

Lupin Japanese Mayonnaise:

Chochos (Lupines) *1 cup*
(Cured and cooked)
Peanut butter *1 tablespoon*
Soy sauce *1 tablespoon*
Water *2 tablespoons*
Sugar *1 teaspoon*

Mushroom Filling:

Mushrooms *1/3 cup*
(cut into small squares)
Spring onion (chopped) *1 unit*
Sesame oil *1 teaspoon*
Sesame seeds *1 teaspoon*

Sushi rolls:

White rice for sushi *1/2 cup*
(washed and drained)
Water *1 1/2 cups*
Nori seaweed *2-3 sheets*
(dry seaweed, divided in halves)
Sesame seeds *2 1/2 tablespoon*
Cucumber *1/2 unit*
(cut into thin spears)
Avocado *2 1/2 tablespoon*
(cut into thin slices)

Optional: You may replace cucumber for carrots, peppers, or any other vegetable you prefer.