



Avocado Asparagus Cucumber (AAC) Roll

Ingredients

1 cup sushi rice
1 1/4 cups water
1/2 teaspoon salt
4 nori (seaweed) sheets
1 ripe avocado, sliced
8-10 asparagus spears, trimmed and blanched
1 cucumber, julienned
Soy sauce, for serving
Pickled ginger, for serving
Wasabi, for serving

Instructions

1. Prepare the Sushi Rice:

1. Rinse the sushi rice under cold water until the water runs clear.
2. Combine the rice and water in a rice cooker or saucepan. Cook according to the rice cooker instructions or bring to a boil, then reduce to low heat, cover, and simmer for 20 minutes until the water is absorbed.
3. Let the rice cool to room temperature.

2. Blanch the Asparagus:

1. Bring a pot of salted water to a boil.
2. Add the asparagus spears and cook for 2-3 minutes until tender-crisp.
3. Drain and immediately transfer to a bowl of ice water to stop the cooking process. Drain and set aside.

3. Assemble the Sushi Rolls:

1. Place a bamboo sushi mat on a flat surface and cover it with plastic wrap. Lay a sheet of nori, shiny side down, on the mat.
2. Wet your hands with a mixture of water and rice vinegar to prevent sticking. Take a handful of sushi rice and spread it evenly over the nori, leaving a 1-inch border at the top.