

E-MA Roll (Shrimp and Sesame Sauce Roll)

Ingredients	Amount
Sauce	
Creamy Sesame Dressing	100g (3.5oz)
Soy Sauce	3g (0.1oz)
White Sesame Paste	20g (0.7oz)
Sesame Oil	1g (0.04oz)
Balsamic Vinegar	4g (0.14oz)
Sushi Rice	to taste
Nori (Seaweed)	1 sheet
Tuna, sashimi grade	to taste
Cucumber, matchsticks	to taste
Olive Oil	to taste
Shrimp	to taste
Avocado, cubed	to taste
Pea Sprouts	to taste
Aojiso Leaf (Blue Perilla)	garnish



Method of Preparation

1. Combine creamy sesame dressing, soy sauce, white sesame paste, sesame oil and balsamic vinegar to create a sauce. Set aside.
2. Spread sushi rice on the nori sheet evenly.
3. Put tuna and cucumber on the rice and make a maki sushi roll using a makisu (bamboo mat).
4. Sprinkle olive oil on shrimp and grill using a burner.
5. Cut the sushi and coat with a thin layer of sauce.
6. Put the shrimp on the sushi.
7. Put the avocado and pea sprouts on the shrimp.
8. Plate sushi and top with shredded aojiso leaves.
9. Sprinkle olive oil over the plate.
10. Use extra sauce for dipping, if so inclined.



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