

Shopping List for Vegan Sushi Class

There are 3 different types of fillings, 1 soup, and 1 sauce that will be taught in class. The super-simple sauce is optional and the ingredients are at the bottom. There are also a few optional ingredients that can be added to your sushi rolls, if you like, and *those ingredients are listed separately below - you don't need to buy them to make delicious sushi.*

The following ingredients can be kept for your next sushi meal or used in other ways:

- *Kombu* can be added when cooking beans, rice, soups, and stews for added nutrition and taste
- *Miso* can be used in tahini sauce and drizzled over vegetables and grain bowls, or added to salad dressings
- *Wakame* is a healthy and delicious topper for salads and grain bowls

Equipment List

You could order a sushi kit for fun (variety of prices and contents are available online and in stores), or you can easily make it work with fewer items. Some you may already have. Others are nice, but not necessary: Those are indicated with an asterisk.

- Makisu/bamboo sushi mat* (or use a clean dish towel or just your hands)
- Wooden sushi rice paddle* (or substitute a wooden spoon)
- Sharp knife
- Chopsticks*

Shopping List

Dry Goods

- Sushi rice, 3 cups
- 1 package toasted nori or sushi nori (usually has 8 to 10 sheets)
- Kombu (dried kelp seaweed)
- Kelp or dulse flakes, optional, for tomato "tuna"
- Unseasoned rice vinegar
- Soy sauce or tamari
- Toasted sesame oil
- Wasabi paste or powder (optional)
- Mirin (or use rice vinegar and sugar if you don't want to buy)
- Tahini (or substitute smooth nut butter), 1 tablespoon
- Maple syrup or agave, 1 tablespoon

Produce

- 1 large tomato or 2 Roma tomatoes
- 1 large or 2 small portobello mushrooms
- 1-inch piece fresh ginger
- 1 lemon
- 2 scallions
- 1 medium sweet potato

Refrigerated

- 8-ounce container yellow/white miso
- 7 ounces silken or soft tofu (about ½ block)

Pantry

- Granulated sugar
- Salt

Optional ingredients

You can add these ingredients to the sushi rolls, if you like:

- Broccoli sprouts
- Avocado
- Cucumber
- Baby spinach
- Ripe mango strips

Optional Sriracha Mayo Sauce

This is a nice sauce to serve with any of these rolls, if you want something in addition to soy sauce for dipping:

- 2/3 cup mayonnaise
- 2 tablespoons Sriracha or hot sauce
- 1 tablespoon lemon juice
- 1 teaspoon sesame oil