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▶▶▶▶ January 2013 ◀◀◀◀

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Brown Rice and Tofu Maki

Prep Time: 30 mins

Cook Time: 55 mins

Rest Time: 10 mins

Total Time: 1 h 35 mins

Ingredients

- 4 1/4 cup(s) water
- 2 1/4 cup(s) rice, brown, short-grain
- 3 tablespoon mirin (sweet rice wine)
- 3 tablespoon soy sauce, reduced-sodium
- 3 1/2 teaspoon sugar, divided
- 1/3 cup(s) vinegar, rice
- 1/2 teaspoon salt
- 8 sheet(s) seaweed (wakame), toasted nori
- 32 slice(s) tofu, baked, ready-to-eat, teriyaki flavored, or Thai, cut into matchstick strips
- 32 slice(s) pepper(s), red, bell, (about 1 small pepper) cut into matchstick strips
- 32 slice(s) cucumber(s), peeled, seeded, (about 1/2 small cucumber) cut into matchstick strips
- 5 tablespoon nuts, peanuts, unsalted, roasted, crushed

Preparation

1. Bring water to a boil in a large saucepan over medium heat. Stir in rice, reduce heat to low, cover, and simmer at the lowest bubble until the rice is tender, about 50 minutes (see Test Kitchen Note). Remove from the heat and let stand, covered, for 10 minutes.
2. Meanwhile, stir mirin, soy sauce and 1 1/2 teaspoons sugar in a small skillet. Bring to a simmer and cook until slightly thickened, about 3 minutes.
3. Spread the warm rice evenly on a large rimmed baking sheet. Whisk vinegar, the remaining 2 teaspoons sugar and salt in a small bowl; drizzle over the rice. Toss with 2 spatulas until cool enough to handle and slightly sticky.
4. Place a nori sheet on a bamboo sushi-rolling mat-shiny side down with a shorter end close to you. Wet your hands and pat about 3/4 cup of the seasoned rice into a thin layer on the sheet, leaving a 1-inch border at the top of the sheet (the short side on the far side of the mat).
5. Drizzle 1 teaspoon of the mirin sauce about 1 inch from the bottom of the rice; place 4 strips each baked tofu, bell pepper and cucumber over the sauce; then sprinkle with about 2 teaspoons chopped peanuts.
6. Using the bamboo mat to help you, roll the maki closed, getting the mat out from inside the maki as it rolls up. Gently press the closed mat over the roll to seal the roll. (Go to eatingwell.com/sushi for illustrated instructions.) Trim any ragged edges and slice into 6 pieces with a wet sharp knife.
7. Repeat Step 4 with the remaining nori, rice, tofu and vegetables. Serve the rolls with any remaining sauce.

