Creativity Required!

YOU WILL NEED:
- Sushi rice (white)
- Black rice
- Rice Vinegar
- Salt
- Sugar
- Turmeric (for color)
- Beet (for color)
- Paprika (for color)
- Nori seaweeds sheets
- Colored sushi paper
- Rice paper

Vegetables:
- Cucumbers
- Red Cabbage
- Carrots
- Avocado
- Sprouts
- Beets
- Celery
- Shiitake Peppers

Soy Sauce (for dipping)

MAKE SUSHI RICE
- 3 cups water
- 1.5 cups white short grain rice
- 1 Tbsp rice vinegar
- 1 tsp salt
- 1 tsp sugar
- Bring to boil then turn to low heat
- Cover and cook for 20 min. and let cool
- Repeat for black sushi rice

COLORING RICE
- Divide white rice into 4 equal portions
- For Yellow Rice: Add 1/2 tsp turmeric
- For Red Rice: Add 1 Tbsp grated beet
- For Orange Rice: Add 1 Tbsp paprika

PREPARE YOUR VEGGIES
- Slice your vegetables into thin julienne strips

ROLL PLAY
- To make your rolls simply follow the instructions on your seaweed and rice paper sheets. After some practice you’ll get a feel for it.

CREATE YOUR ROLLS!
- Now, it is time to GET CREATIVE!
- Experiment with different combinations like the ones shown above.
- Most importantly, explore your own ideas, taste as you go, and have fun while you do it!

Work your magic!

AVAILABLE ON DVD AUGUST 15

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