



## Crane Bay® Yellowfin Tuna Simple Light Summer Rolls

Makes two 6 piece futomaki "fat" sushi rolls.  
Easily repeated to increase quantity of rolls.

### Ingredients:

6 Crane Bay® Yellowfin Tuna Strips  
2 full sheet size seaweed for sushi rolls  
1 bell pepper, julienned (orange, green or red or mix them to be more colorful)  
1 large avocado into 8 thick slices  
1 Persian cucumber  
1 cup uncooked premium short grain rice

### Seasoned Vinegar for Sushi rice:

½ cup of unseasoned rice vinegar  
¼ cup of granulated sugar  
2 TB mirin  
1 tsp salt

### Special equipment:

Bamboo sushi rolling mat  
Plastic wrap

### Preparation:

**1)** Prepare rice. Once ready, empty rice into a large plastic bowl. Add vinegar mixture. Using a handheld fan and rice spatula, fan and mix to cool down rice until it becomes sticky and the liquid has been soaked up. Cover with wet kitchen towel and rest further until room temp to use. **2)** With shiny side of seaweed down, fill a thin layer of rice leaving 3" flap of seaweed at one end. **3)** With the flap facing you, add two slices of each avocado and cucumber. Next add several strips of bell peppers to your desire. On top of vegetables, add 3 strips of tuna. **4)** Pull seaweed flap by holding down all ingredients and roll tightly until you reach the top with the top seam of rice and seaweed sitting down. **5)** Wrap bamboo mat completely and score with knife to release any air. Crimp down the hand rolled sushi roll tightly but not too hard to prevent ingredients from coming out. **6)** Wet knife and cut evenly into 6 pieces. Repeat for second sushi roll.

**Please contact your DNI Group representative today.**

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