

NATURE'S FOOD PATCH Market & Café

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Raw Vegan Sushi 3/23 - Brad Myers

You will need: untoasted Nori, Pickled Jicama, “Rice”, & Veggie Filling!

Pickled Jicama:

½ Jicama, cut into matchsticks
½ c Apple Cider Vinegar
Juice of 3 Lemons
1 large thumb of Ginger
3T Agave
½ Red Onion

Mince ginger and red onion and mix with lemon juice, ACV, and agave. Cut jicama into matchsticks and immerse into the marinade. Allow to set for at least an hour, stirring occasionally.



Rice:

1 to 3 Parsnips (1 large parsnip or up to 3 small ones)
1 small head Broccoli
1 T Black Sesame
1-2 T Miso
1½ T Lemon Juice
1T OJ
1 t Agave
¼ t Black Pepper

Finely shred the parsnips. Finely chop the broccoli (just the bud tips) and mix with parsnips – add black sesame seeds and pepper. Dissolve the miso in the citrus, add agave and stir thoroughly into mixture.

Set aside to cut these filling **vegetables:**

Carrot (julienne peeler)
Cucumber (julienne peeler or matchstick)
Avocado (slices)
Red Pepper (thin strip)
Red Onion (thin slices)
Also set out Spinach & Sprouts

To Prepare:

Lay a sheet on untoasted nori in your cutting board. Then on the bottom quarter of the sheet lay a thin layer of your “rice”. Now begin laying your all filling veggies and pickled jicama. Then slowly roll from the bottom up. Using a sushi rolling mat will make this easier, but is not necessary.

Topping:

Bragg's Aminos – fine mist

Raw Coconut Bites - 'real vanilla' flavor

I like to pulse the coconut flakes and roll the sushi rolls in it before I cut them up. This is optional but makes it very gourmet!