

## Styrian Sushi



**Starter**

Kind of recipe



**90**

Preparation



**middle**

Severity



### Ingredients for 6 people

Sushi:

cabbage leaves (ca. 20),

250 g sushi rice

30 ml wine vinegar

1 tsp sugar

1 tsp salt

250 g meat of your choice (beef or chicken work well)

salt and pepper to season the meat

100 g chopped Styrian pumpkin seeds

1 red pepper fresh herbs (e.g. parsley, oregano)

other filling ingredients (e.g. avocado, carrots, celeriac, shrimp, etc.)

Dip:

chopped Styrian pumpkin seeds

grated Styrian Horseradish

salt

### Preparation

Wash the sushi rice with cold water and bring to a boil with twice as much water as rice. Let simmer on low heat for 10 minutes, stirring intermittently. Place the rice to the side for 10 minutes, mix the vinegar with the sugar and salt and add to the rice. Place the rice in a flat dish and let cool. In the meantime, cut the meat into thin slices, season with salt and pepper and sear each strip. Let cool slightly and roll in finely chopped pumpkin seeds. Blanche the cabbage leaves in salted water, shock them in an ice bath and let them dry well. Cut the sweet pepper and the other filling ingredients into strips.

Form sushi rolls: lay the blanched cabbage leaves on the sushi mat, spread the sushi rice on to the cabbage leaf with wet hands, leaving 3 cm free at the upper edge. Place the filling ingredients in a stripe on the lower third of the rice and roll together using even pressure. Then, cut the rolls into pieces and serve with the pumpkin seed oil– horseradish-Dip.

**Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch**