



# Cheap & Healthy Hosomaki sushi rolls



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[What it Hosomaki?](#)

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## So what is Hosomaki?

Hosomaki is thin, cut, rolled sushi made with nori (sheets of seaweed), rice and one or two filler ingredients. Originally designed as a convenient snack, they are simple to make, and delicious to eat!

### 1 *Can I really make Hosomaki myself?*

**Absolutely!** With a little practice to figure out the placement of the filler ingredients, how much of the filling ingredients to use, and time to perfect the rolling technique - you'll be a pro! Just remember, the secret is not overdoing it, but rather focussing on the distinct flavors of the filler ingredients.

### 2 *Is it actually cheap?*

**Absolutely!** The two primary ingredients (rice and nori paper) are very affordable, especially if you buy in bulk. For fillers and flavors like tuna and shoyu, look for weekly specials at your food store. Look for vegi-fillers at your local framers markets - shop organic and support your local growers!

### 3 *Is it super healthy?*

**Absolutely!** Hard to go wrong with rice and seaweed! Be sure to try our brown and white rice mix for a bonus carbo boost. Use common sense when it comes to your fillers - while you can make hotdog hosomakis, you'll be taking a health hit! Go for a post meal run to burn-off those carbs. Just do it!





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## 1 The things you will need ...



### Bamboo Sushi Roller

Cheap, sustainable and durable, use this bamboo mat to create perfect hosomaki rolls. Score one at your local Asian market or [online](#) for \$3-5.



### Nori (Seaweed) Paper

Delicious and packed with fiber, protein, vitamins and minerals - an Asian culinary gift! Grab a pack of 10 sheets at you local Asian market or [online](#) for \$3-5.



### Rice (Brown and White)

Mixing brown rice with sticky traditional white will increase the nutritional value of your hosomaki rolls. Grab a 5 lb. pound of each at your local food store for \$15-20.

## 2 Let's make healthy rice!

1. Rinse off 2 cups of brown rice with water.
2. Let the brown rice soak for 20 minutes.
3. Rinse off 1 cup of white rice.
4. Mix the 2 rices together and drain completely.
5. Place the rice mix and 4½ cups of water into a rice cooker.
6. Cook it up! (yields enough rice for 22 hosomaki rolls)
7. Place your hot cooked rice into a non-ceramic bowl.

### Optional: Add a traditional flavor kick!

8. In a cup, mix 5 tbsp vinegar, 1½ tsp sugar and 1½ tsp salt.
9. Pour the vinegar mixture evenly over the rice above.
10. To mix, 'slice the rice' with a large wooden spoon.
11. Keep your rice covered with a damp cloth.

## 3 Some things you might add ...



Carrots



Tuna



Scallions



Cucumber



Crab



Avocado



Salmon



Eggs



Tofu

## 4 Add some flavor and a kick?



Soy Sauce



Hot Sauce



Wasabi







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Watch and learn!



Join Us!

Hosomaki Making  
Workshop

**UHM 12-8-11**  
5-6pm





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## 1 Now don't forget ...



### Step 1: Prepare your rice

Stove-top or rice cooker, it's all good. As rice is a key ingredient in this meal, take your time and do it right. Be sure to try our [brown and white rice mix](#). Go traditional with the vinegar flavor boost.



### Step 2: Cut your paper

To make real hosomaki, you'll need to cut your standard nori paper sheets in half. Use a clean pair of scissors and make your cut straight as can be. Once your paper is cut, lay it down on your bamboo roller.



### Step 3: Lay-down your rice

Place 1/2 cup of rice onto the nori and spread it out with your finger tips. Leave about a 1/2 space of no rice along the edge where the roll will meet (the edge where the rolling action finishes).



## 2 Pick a delicious style!

### Bill's Mexican Hosomaki

Buy 1 can of corn (\$1). Open and drain the corn. Place corn into a bowl. Add a teaspoon of chili powder. Mix thoroughly. Add corn mix on top of your rice. Roll'em up and enjoy! This delicious mix of cheap and healthy ingredients should make up to 10 hosomaki rolls.



### Jenny's Radical Tuna Hosomaki

Buy 1 can of tuna in water (\$1). Open and drain the tuna. Place tuna into a bowl. Add a teaspoon of relish. Mix thoroughly. Add tuna/relish mix on top of your rice. Roll'em up and enjoy! This delicious mix of cheap and healthy ingredients should make up to 8 hosomaki rolls.



### Ro's BBQ Pears Hosomaki

Buy 1 bottle of BBQ sauce (\$3-4). Buy 1 pear. Cut the pear into thin long strips. Place the pear strips into a bowl. Add a teaspoon of BBQ sauce. Mix thoroughly. Add pear mix on top of your rice. Roll'em up and enjoy! This delicious mix of cheap and healthy ingredients should make up to 8 hosomaki rolls.



### Susan's Tuna Cucumber Hosomaki

Drain the tuna and mix it with light mayonnaise. Trim the cucumber so it is equal in length to the short side of the nori. Slice the cucumber in half lengthwise, and then in quarters. Place the tuna and cucumber in the center.

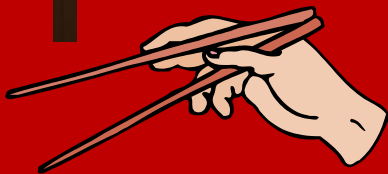


# Cheap & Healthy Sushi

Learn how to make Hosomaki with Chef Morimoto



Join the University of Hawaii Student Support Services and enjoy making and eating your own Sushi!



**Event Date:** Thursday, December 8, 2011

**Time:** 5:00pm to 6:00pm

**Place:** Wist Hall 234, 1776 University Avenue,  
Honolulu, HI 96822

To see what's in store for the workshop, visit <http://bill-morrison.com/hosomaki/index.html>.  
If you have any questions, please contact UH Student Support Services by email at [sss@hawaii.edu](mailto:sss@hawaii.edu) or by phone at 956-8402.