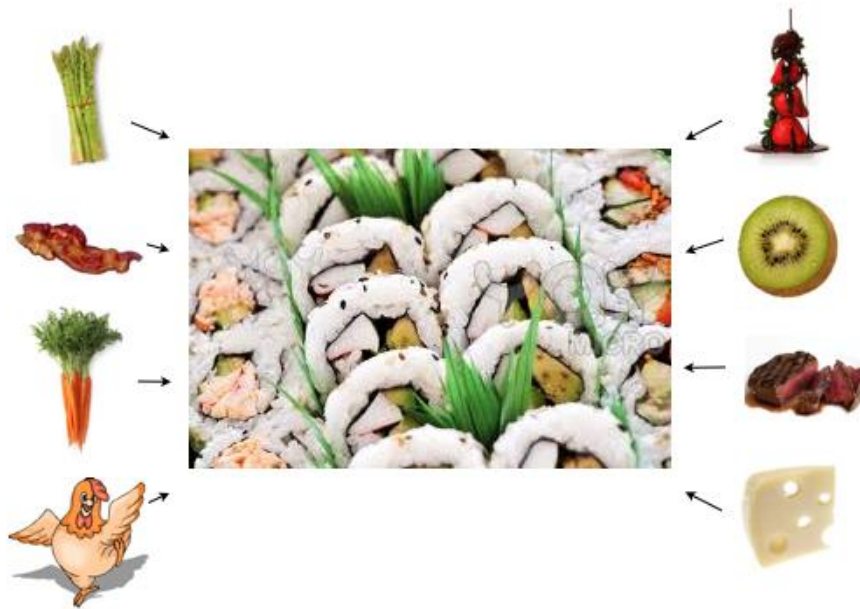
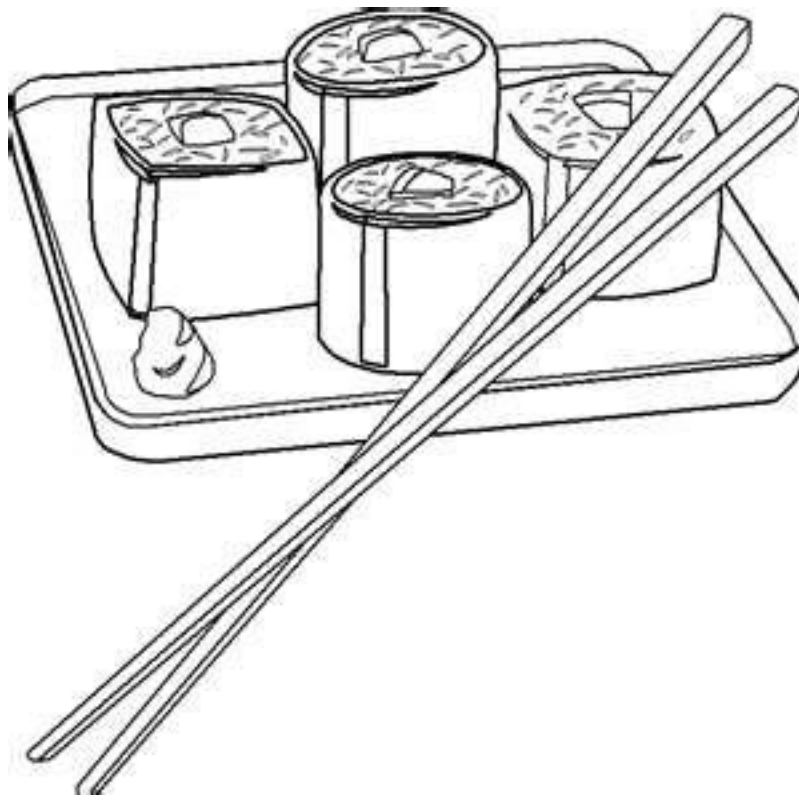


SUSHIQUIK™



Quik & easy sushi recipes
with a twist!



Quik & Easy Recipes For Sushi With A New Twist

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For all questions and information, please visit our web site at:
www.sushiquik.com

Welcome!

You can kiss those messy bamboo sushi mats goodbye. Instead, you are in for a surprise! Our SushiQuik Kit produces a perfectly round sushi roll every time---and it is a breeze to clean.

Think of sushi as a Japanese rolled sandwich. So easy. So delicious. You can use healthy ingredients. You can let your imagination run wild with possible fillings. Even kids love doing it.

Traditionally, Japanese sushi is made with ingredients from Japanese cuisine and culture. It is comprised of a series of small bites of fresh food wrapped in sushi rice that have been rolled together using a bamboo rolling mat.

SushiQuik sushi is made using our new (and we think easier to use) SushiQuik rolling mat---for sushi with a new twist---because in addition to using traditional



Japanese ingredients, you can also now make it with absolutely anything you want.

Fabulous traditional Japanese sushi recipes---plus some with a new twist!

What do we mean by a new twist?! Think Bacon, Lettuce and Tomato Rolls. Reuben Rolls. Or Chicken Tenders Rolls.

Whether your tastes run from traditional to inventive, you'll find inspiration here for creating perfect rolls.

In no time you will be pulling off your next sushi party or sushi dinner for your family and look like you have been practicing for days!



IMPORTANT: The SushiQuik components should be thoroughly washed prior to use for food preparation. All of the SushiQuik components are dishwasher safe. When washing in the dishwasher, place the SushiQuik components on the top rack of your dishwasher away from the heat element.

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How To Use Your SushiQuik Kit

(take a deep breath. smile. roll up your sleeves. start rolling!)

1. Prepare your sushi ingredients and place them within easy reach of your preparation area.

Tip: See recipe for making the perfect sushi rice.

2. Insert the round mat into either of the insertion slots in the black base. Remove the green caps from either end and roll out your mat.



3. Place your nori sheet onto the white mat. Place the training frame on top of the nori sheet, making sure the open line under the word "TOP" is vacant and that the nori sheet is not showing through it. If the nori sheet is showing, bring it down a bit until the line is free.



4. Evenly spread the sushi rice onto the nori sheet using the rice paddle or wet fingers. Be sure to use the height of the training frame walls to determine how much rice to place.



5. Once the rice is evenly spread, remove the training frame. You should have a strip of the nori sheet which is rice free.



6. Place your ingredients onto the rice, making sure not to use too much as it can make it difficult to close the roll.

Once your ingredients are placed onto the rice, you are ready to roll!



7. Bring the track closest to you over the roll onto the mat and tighten once with your fingers.





8. Then lift the folded track and continue to roll until you reach the end of the nori sheet.



9. Once you have completed the roll in the mat, tighten the track one more time with your fingers.

Tip: Make sure to tighten evenly along the roll from left to right.



10. Remove the mat from the top of your roll.



11. Place your roll under the roll cutter. Using a sharp knife, place the knife in each open area of the cutter to cut your roll into eight even pieces.

Tip: Wet the surface of the knife blade. This will lubricate the blade to allow for easier slicing.



12. When complete, remove the cutter from the roll, which is now evenly cut into eight pieces.



Cooking Rice For All Rolls Made With SushiQuik:

SUSHI RICE: What is it? Room temperature cooked rice flavored with a slightly sweet vinegar mixture. It is the building block of sushi, which will become your first thin layer on top of the seaweed nori sheet.

STEP ONE IS TO COOK THE RICE:

- You will need one cup of cooked rice per sushi roll. Choose Japanese sushi rice or short grain rice. (not long grain)
- Before cooking it, make sure to swirl the rice around in a bowl of water four times and rinse until the water becomes clear, then let it rest drained in a colander for at least 30 minutes before cooking.
- If cooking your rice in an electric rice cooker, follow the instructions.
- If cooking on the top of the stove, place one cup of water and one cup of rice in a pot, cover, and bring to a boil and boil for 4 minutes. Then reduce the heat and simmer for 15 minutes. Turn off the heat, leave the cover on, and let the pot stand for 15 minutes.

STEP TWO IS TO TOSS THE RICE WITH YOUR VINEGAR SAUCE:

Ingredients for one cup sushi rice:

- 1/4 cup rice wine vinegar
- 1/8 cup sugar (or less)
- 1/8 cup sake or mirin

(if you do not have mirin or sake, use the following vinegar recipe)

8 tablespoons rice vinegar

3 tablespoons fine sugar

1 teaspoon salt

Method:

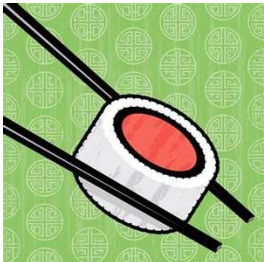
- Heat vinegar, sugar and salt gently until dissolved and cool to room temperature.
- Gently mix the cooked rice and sauce in a glass or wooden bowl by sprinkling one tablespoon of vinegar sauce over one cup of rice and tossing them together until the rice is well coated. Taste for seasoning and add more vinegar sauce if desired.
- Cover the rice with a warm damp kitchen towel to keep it moist until you are ready to use it.

STEP THREE IS TO SPREAD THE RICE ON THE NORI SHEET:

- Remember, when you spread the rice do not pack it down. Keep it light, yet evenly spread either with wet (clean!) fingers or with the SushiQuik non-stick paddle.

Notes:

Mirin can also be used instead of sugar. It is a sweet Japanese wine that lends an aromatic flavor to the rice as well as a touch of sweetness. The sugar and mirin are interchangeable.



When you buy your seaweed nori, make sure to buy yaki-nori, which is precooked.

You can buy sushi vinegar (awasezu), which is formulated specifically for making sushi rice. Or you can use regular Japanese rice vinegar.

Vegetable Sushi Rolls

Green and Red Roll

Ingredients:

1/2 cucumber, peeled, cored of seeds, and sliced into thin pieces

1/2 carrot peeled, sliced into thin pieces or use a vegetable peeler to make carrot ribbons

1/4 red pepper, sliced into thin pieces

1 scallion, sliced into thin pieces

Method:

1. Lay the cucumber in a horizontal line across the sushi rice from left to right.
2. Next, layer the carrot on top, the red pepper next, and then finally the scallion.
3. Roll and slice.

Gazpacho Roll

Ingredients:

1 tablespoon red wine vinegar mixed with 2 teaspoons olive oil,
salt to taste

1/2 avocado, peeled, sliced thinly and tossed in lemon juice to
stop from browning

1/2 plum tomato, seeded and sliced into long thin pieces

1/4 red onion, peeled, sliced thinly

Method:

1. Whisk together the red wine vinegar, salt and olive oil.
1. Lay a layer of avocado horizontally on the sushi rice from left to right.
2. Next, add a layer on top of tomato, then onion.
3. Sprinkle the top of the vegetables with the red wine vinegar sauce.
4. Roll and slice.

Cobb Salad Roll

Sauce Ingredients:

4 tablespoons mayonnaise
2 teaspoons red wine vinegar
sea salt and freshly ground pepper to taste

Ingredients:

1/2 avocado, peeled, sliced thinly
1 hard boiled egg, chopped
1/4 ounce blue cheese, crumbled
1/2 plum tomato, seeded and sliced into long thin pieces
1/4 red onion, peeled, sliced into long thin pieces
4 tablespoons coarsely chopped iceberg lettuce
(crumbled bacon pieces optional)

Method:

1. Whisk together the ingredients for the sauce.
2. Lay the avocado horizontally on the sushi rice from left to right.
3. Add on top a layer of chopped eggs, then a layer on top of blue cheese, then a layer of tomato, then a layer of onion, then a layer of lettuce.
4. Drizzle the sauce evenly over the top.
5. Roll and slice.

Caesar Salad Roll

(take this basic recipe and add in if you wish. try grilled chicken strips or sliced shrimp)

Ingredients:

1 egg yolk

1/8 cup extra virgin olive oil

squeeze of lemon

2 anchovy filets

1 clove garlic, peeled and pressed or finely chopped

1-2 leaves of Romaine lettuce or iceberg lettuce, washed and pat dry

1-2 tablespoons grated Parmesan cheese (can also shave shards of Parmesan and lay across if you have a large piece)

Method

1. With a hand mixer, beat the egg yolk in a medium bowl until light yellow and thickened. Slowly drizzle in the olive oil while continuously beating. Beat until you attain a mayonnaise texture. Add sea salt to taste. Add in a squeeze of lemon or more to taste.

2. Now add 2 anchovy filets and the garlic and beat well. Reserve.

3. Chop the lettuce.

4. Lay the lettuce from left to right in a horizontal line across the sushi rice.

5. Spoon over all of the dressing onto the lettuce.
6. Sprinkle the cheese over the top of the dressing.
7. Roll and slice.

Healthy Sprouts Roll

Ingredients:

- 1/8 cup Tahini
- 1/4 cup hot water
- 1/2 lemon, juiced
- sea salt and pepper to taste
- 1/8 piece of firm tofu (from the regular square packages of tofu in the supermarket)
- 1/4 red pepper, washed and slice very thinly
- 1/2 cup bean, pea, sunflower, clover ---or any kind of sprouts

Method:

1. Mix the Tahini with the hot water really well then add the lemon juice, salt and pepper. Taste and adjust for seasoning. Thin with water if too thick.
2. Slice the tofu into long strips
3. Lay the tofu strips horizontally across the sushi rice from left to right.
4. Lay the red pepper slices over the top of the tofu.
5. Arrange the bean sprouts over the red pepper.
6. Pour the Tahini dressing over the bean sprouts.
7. Roll and slice.

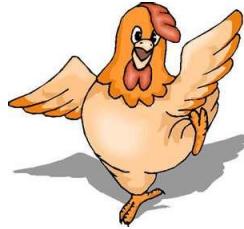
Carrot Salad Roll

Ingredients:

1 slice fresh ginger, peeled
1/8 cup extra virgin olive oil
1 teaspoon toasted sesame oil
3 tablespoons seasoned rice vinegar
1 tablespoon sugar
1 tablespoon mayonnaise
dash sea salt
2 carrots, cleaned and coarsely grated
2 tablespoons raisins

Method:

1. Whiz together in a food processor the ginger, olive oil, sesame oil, vinegar, sugar, mayonnaise and salt until it combines into a creamy sauce.
2. Pour just enough of the sauce into the grated carrots so that when you toss them they will be nicely coated but not too wet.
3. Fold in the raisins.
4. Place a layer of the carrot salad in a horizontal line across the sushi rice from left to right.
5. Roll and slice.



Chicken And Turkey Sushi Rolls

Simple Chicken Teriyaki Roll

Ingredients:

1/2 cooked chicken breast, sliced into thin pieces
3 tablespoons Teriyaki sauce
2 tablespoon butter
1 scallion, sliced into thin pieces

Method:

1. Marinate the cooked chicken in the Teriyaki sauce for 15 minutes.
2. Melt the butter in a skillet and add the chicken and Teriyaki sauce and cook briefly until warmed. Reserve the sauce.
3. Lay the chicken pieces horizontally across the sushi rice and then the scallion on top.
4. Drizzle the reserved Teriyaki sauce evenly over the top.
5. Roll and slice.

Chicken Lemon Picatta Roll

Ingredients:

1/4 lemon, rind removed in strips with a vegetable peeler
1 tablespoon extra virgin olive oil
1/2 chicken breast, sliced into long thin pieces
1 tablespoon fresh lemon juice
sea salt to taste
1 tablespoon sweet butter
1 tablespoon fresh flat leaf parsley, chopped

Method:

1. In a small pot of water, submerge the lemon peel strips in boiling water and cook until just barely tender. Remove and reserve.
2. In a skillet, heat the oil and then add the chicken strips. Cook the chicken until light golden brown. Remove and reserve.
3. In the skillet, keep any oil that the chicken cooked in, add the lemon juice and salt to taste. Then add the butter and whisk until it is melted and the sauce is glossy. Now add back in the chicken and keep warm.
4. Sprinkle the chopped parsley in a horizontal line across the sushi rice from left to right.
5. Arrange the chicken pieces on top and drizzle any remaining sauce on top.
6. Arrange the lemon strips on top of the chicken.
7. Roll and slice.

Turkey and Rice Roll

Ingredients:

1 tablespoon sweet butter
1 tablespoon finely minced onion
1 teaspoon finely minced garlic
1 teaspoon flour
3 tablespoons dry white wine
sea salt and pepper to taste
3 mushrooms, washed, pat dry and sliced
2 slices of deli turkey, sliced into thin long pieces
1 tablespoon grated Parmesan cheese

Method:

1. Melt the butter in a skillet and saute the onion and garlic until translucent.
2. Whisk in the flour and whisk for a minute.
3. Whisk in the wine and blend until smooth. Add more wine if you would like a slightly thinner sauce. Taste for seasoning and adjust.
4. Add in the sliced mushrooms and saute for one minute.
5. Add in the turkey slices and warm.
6. Lay the turkey mixture across the sushi rices in a horizontal line from left to right.
7. Top with the grated Parmesan cheese.
8. Roll and slice.

Thanksgiving Leftovers Roll

Ingredients:

leftover cooked turkey sliced thinly
4 tablespoons warm leftover turkey stuffing
4 tablespoons leftover cranberry sauce
1 tablespoon mayonnaise

Method:

1. Lay the sliced turkey horizontally across the sushi rice.
2. Next, evenly layer some leftover turkey stuffing.
3. Next, mix the cranberry sauce with the mayonnaise then spread it on top of the turkey stuffing.
4. Roll and slice.

Colonial Chicken Roll

Ingredients:

1 teaspoon curry powder
1 tablespoon mayonnaise
1/2 cooked chicken breast, sliced thinly
4 tablespoons mango chutney
2 tablespoons raisins, dark or golden
1/4 celery stalk, minced

Method:

1. Whisk together the curry and mayonnaise and toss the chicken slices so that they are evenly and lightly coated.
2. Lay the chicken slices horizontally on the sushi rice.
3. Spread the mango chutney evenly across the top.
4. Sprinkle the minced celery on top of the chutney.
5. Sprinkle the raisins on top of the celery layer.
6. Roll and slice.

Meat Sushi Rolls

Flank Steak Roll

Ingredients:

1 tablespoon dark brown sugar
1/4 oil
1/8 cup vinegar
1 clove garlic, minced
1/4 pound flank steak
2 tablespoons butter
1/2 cup mushrooms, sliced
2 tablespoons Madeira wine or Port
sea salt and freshly ground pepper
3 tablespoons Hoisin sauce (available in Chinese section of supermarkets)
2 scallions, cut into thin slices

Method:

1. Put the dark brown sugar, oil, vinegar and garlic in a zip lock plastic bag and shake to mix well. Put the flank steak in the bag, close, and toss to coat the steak evenly with the marinade. Let sit to rest at least 30 minutes.

2. Dry off the flank steak. Grill or sear until it is browned on the outside, but still slightly pink on the inside.
3. Let it rest 10 minutes, then slice it very thinly. Cover with foil to keep warm.
4. Melt the butter in a skillet and cook the mushrooms until just done. Take off the heat, add the Madeira wine or Port and cook another minute. Add salt and pepper to taste.
5. Spread an even layer of Hoisin sauce across the sushi rice horizontally.
6. Lay the flank steak horizontally across the sushi rice on top of the Hoisin sauce.
7. Top with the mushrooms, drizzle any sauce over the top, and add the layer of scallions.
8. Roll and slice.

Ham and Cheese Roll

Ingredients:

1-2 tablespoons mustard (depending on your taste, more or less)
1 slice deli ham, sliced into thin slices
1 slice deli Swiss cheese, sliced into thin slices
4 tablespoons deli coleslaw

Method:

1. Spread the mustard across the sushi rice horizontally.
2. Lay the slices of ham on top, then layer the slices of Swiss cheese.
3. Spoon and spread the coleslaw evenly over the top of the cheese.
4. Roll and slice.

Hamburger In A Roll

(this is a fun roll because the sky is the limit on what you put into it!)

Ingredients:

4 tablespoons BBQ sauce

2 tablespoons relish

1/8 pound hamburger cooked in a little water in a skillet and drained well

3 tablespoons finely chopped red onion

(optional or additional: chopped Jalapenos, crumbled bacon, crumbled blue cheese, sliced tomato, guacamole, mustard, coleslaw, grated cheddar cheese, thinly sliced dill pickle spear, or ketchup)

Method:

1. Mix the BBQ sauce and the relish, then spread evenly horizontally across the sushi rice.
2. Spread the cooked hamburger across the top of the sauce.
3. Sprinkle the chopped red onion on top.
4. Roll and slice.

Corned Beef and Cabbage Sushi

(a traditional dish for St. Patrick's day, delicious any day)

Ingredients:

1/4 pound sliced corned beef from the deli

1 medium potato, peeled and cubed

2 tablespoons butter

1/4 cup milk

1 tablespoon Dijon mustard

salt and pepper to taste

2 leaves of green cabbage

Method:

1. Slice the corned beef into long thin pieces. Reserve.
2. In a medium saucepan, cook the potato cubes in water until they are fork tender (appx. 10 minutes). Drain away the water, and leave the potatoes in the pot.
3. Mash the potatoes with a fork, add the butter and allow to melt as you mash, then add the milk, mustard, and salt and pepper to taste. Reserve and keep warm.
4. Boil some water and drop the leaves of cabbage in. Allow to cook for about 5 minutes or until soft. Remove the cabbage, drain on a paper towel, roll together and slice into thin pieces. Reserve.

5. Carefully spread a horizontal amount of mashed potatoes from left to right over the sushi rice.
6. Arrange the slices of green cabbage along the top, then a layer of the corned beef, roll and slice. (if you like more mustard, place a couple of extra drops along the top of the corned beef before you start rolling).

(Not Raw!) Fish Sushi Rolls

California Roll

Ingredients:

- 1 small package of crab meat (or imitation crab meat)
- 2 tablespoons mayonnaise
- 1/2 avocado, peeled and sliced into long thin pieces then tossed with lemon juice
- 1/2 cucumber, peeled, cored to take out the seeds, and sliced into long thin pieces
- enough lemon juice to coat avocado slices to keep them from turning brown

Method:

1. Toss the crab meat or imitation crab meat lightly with the mayonnaise to coat.
2. Lay thin slices of avocado on the sushi rice horizontally.
3. Then add a layer of crab meat on top.
4. Next, lay long thin pieces of cucumber on top of the crab meat.

5. Roll and slice.

Smoked Salmon Roll

Ingredients:

2 ounces smoked salmon, thinly sliced in long pieces
2 ounces cold cream cheese, rolled by hand into long round pieces
1/4 small red onion, peeled, sliced very thinly
1 tablespoon of capers

Method:

1. Lay thin slices of salmon on the sushi rice horizontally.
2. Then add a layer of the cream cheese on top.
3. Next, lay long thin slices of red onion on top of the cream cheese and sprinkle evenly with capers.
4. Roll and slice.

Spicy Tuna Salad Roll

Ingredients:

1/4 cup canned tuna, drained
2 tablespoons mayonnaise
1/4 teaspoon Dijon mustard
1 teaspoon Sriracha sauce or hot chili sauce or chili garlic sauce
1/4 teaspoon toasted sesame oil
1 scallion or spring onion chopped or 1 tablespoon finely chopped onion

Method:

1. Whisk together the mayonnaise, Dijon mustard, Sriracha or chili sauce, and the toasted sesame oil.
2. Blend the sauce into the tuna.
3. Spread an even layer of the tuna salad horizontally across the sushi rice.
4. Sprinkle the scallion or onion on top of the tuna salad.
5. Roll and slice.

Fish Sticks Roll

Ingredients:

2 tablespoons mayonnaise
3 fish sticks (regular supermarket kind)
1 leaf crunchy iceberg lettuce
1/2 lemon

Method:

1. Warm up the 3 fish sticks according to package instructions.
2. Spread 2 tablespoons of mayonnaise from left to right across your sushi rice.
3. When the fish sticks are cool enough to handle, lay them in a horizontal row from left to right across your sushi rice on top of the mayonnaise. If one sticks out too much at the end, trim it to match the rice edge.
4. Roll the leaf of iceberg lettuce and slice into ribbons. Lay the lettuce ribbons across the top of the fish sticks.

5. Squeeze 1/2 lemon across the top of the lettuce and roll. (if you would like a bit more lemon zing, grate the lemon peel as well across the top of the lettuce before rolling.)
6. Roll and slice.

Tuna with Green Apples and Grapes Roll

Ingredients:

- 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 can tuna, drained
- 1/2 Granny Smith green apple, peeled and either finely diced or coarsely grated
- 5 grapes, sliced

Method:

1. Mix the mayonnaise, mustard and honey well.
2. Add in the tuna, and mash well with a fork into the mayonnaise.
3. Lay the tuna mixture in a horizontal line along the sushi rice from left to right.
4. Lay or spread the apples and grapes over the top of the tuna mixture.

5. Roll and slice.

Scallops, Candied Ginger, Avocado Roll

Ingredients:

1 tablespoon butter
3 large sea scallops
1/2 tablespoon Mirin
1 tablespoon candied ginger, chopped
1/2 avocado, peeled and sliced into strips

Method:

1. Sear the sea scallops in butter a frying pan until golden and cooked to your taste. Remove and coarsely chop. Toss the scallops in the mirin.
2. Lay the strips of avocado across the sushi rice horizontally from left to right.
3. Sprinkle the chopped scallops along the top of the avocado.
4. Sprinkle the candied ginger across the top of the scallops.
5. Roll and slice.

Dessert Sushi Rolls

(yes, sweet rolls!)

The only difference with dessert sushi rolls is that you will not be using seaweed nori sheets to make them. Surprise! You will be using delicious sheets made from fruit! We are introducing these dessert sheets from New Gem Foods which you can buy online at their web site: [New Gem Foods](#)

Called Origami Wraps, they come in beautiful jewel like colors and are made from vegetables and fruit. Each of the following recipes uses one of their fruit based sheets.

The other difference is how you make your rice.

DESSERT SUSHI ROLL RICE:

- Prepare the rice the same way you would for regular sushi rolls, but cook the rice in coconut milk instead of water.
- Instead of mixing the cooked rice with vinegar sauce, this time you will make a sauce of the following and toss the warm rice

with the sweet sauce to coat it well. Add the sauce slowly, using only enough to coat the rice evenly and to not get the rice too wet.

Heat the following ingredients until the sugar is dissolved.

3 tablespoons sugar
3 tablespoons water
1 teaspoon vanilla extract
1 teaspoon lemon juice

Let's begin with.....!.

Nutella Roll

Ingredients:

1 strawberry Origami sheet
1/4 cup Nutella
1/4 cup chopped nuts (hazelnuts, peanuts, or your favorite nuts)
4 strawberries, washed, dried, sliced into thin long pieces

Method:

1. Spread an even layer of Nutella horizontally across the sushi rice.
2. Next, lay a layer of strawberries, and then a layer of chopped nuts on top of the strawberries.
3. Roll and slice.

Peanut Butter and Banana Roll

Ingredients:

1 Apple Cinnamon Origami sheet
1/4 cup natural peanut butter
1 tablespoon warm water
1 tablespoon honey
1/8 chopped peanuts, chopped
1/2 ripe banana, sliced vertically, sliced vertically again

Method:

1. In a bowl with a hand mixer, beat the peanut butter, water and honey until you form a smooth spreadable paste. Add drops of water if you need to thin it out any more.
2. Next, lay a layer of bananas across the sushi rice from left to right.
3. Spoon out the peanut butter mixture over the bananas.
4. Sprinkle with the chopped peanuts.
5. Roll and slice.

Grownup Cheesecake Roll

Ingredients:

1 peach Origami sheet
1/4 cup softened cream cheese
1 tablespoon lemon juice
1 tablespoon sugar
2 teaspoons vanilla extract
grated rind from 1/2 a lemon
1 thick slice of pound cake, sliced into long pieces
1 tablespoon rum

Method:

1. Beat the softened cream cheese with the lemon juice, sugar, vanilla extract and the grated lemon rind.
2. Spread the cream cheese mixture horizontally across the sushi rice.
3. Lay down a layer of the pound cake pieces.
4. Evenly sprinkle the pound cake pieces with rum.
5. Roll and slice.

Optional Dipping Sauce: Melt together the following ingredients, whisk well and serve on the side.

1/4 cup heavy cream
3 ounces bittersweet chocolate chips
1 tablespoon butter
1-2 tablespoon rum

Tropical Mango Coconut Roll

Ingredients:

1 mango Origami sheet
1/4 cup sweetened coconut flakes
1/2 kiwi, sliced into long pieces
1/2 mango, sliced into long pieces

Method:

1. Spread a layer of sweetened coconut horizontally across the sushi rice.
2. Lay down the kiwi and then the mango. If there is any mango juice left from peeling it and slicing it, drizzle it on top of the mango.
3. Roll and slice.

Why Sushi Is Good For You

1. Sushi is normally eaten **fresh**---right after it is made.
2. Its main ingredient, rice, is both a protein and a carbohydrate. White rice is an excellent source of thiamin (vitamin B1), magnesium, iron, zinc, and niacin (vitamin B3). Brown rice has all of these vitamins in even greater quantity, plus it has more fiber.
3. Rice vinegar is made from brown rice. Its health benefits are many. Because it is made from brown rice, it has a huge amount of amino acids; it helps prevent cholesterol; helps stop the formation of damaging free radicals; and it is a potent anti-bacterial. Vinegar, high in acetic acid, helps the body absorb all nutrients, making it a superb addition to almost anything you eat.

4. Nori is a seaweed and seaweeds are famous for being loaded with minerals, vitamins, and iodine, as well having high levels of vitamins A and C. Iodine helps keep cholesterol down. Nori is fat free and low calorie. And nori contains Lignans, which have properties that help fight cancer.

5. When you take all of the above and combine them with fresh vegetables and proteins, you have almost the perfect meal in a hand held package!

About Us

We at SushiQuik want everyone to have fun making sushi in the comfort of their own home---and to look like a pro doing it!

So we decided to start by developing our sushi roller because we were not satisfied with the current option out there to roll sushi. We wanted to make the process as easy and fun as possible for you, so that you can enjoy making sushi!

It's a great family activity around the kitchen counter. We will work hard to keep adding recipes to our web site that you and your family can enjoy--and we encourage you to share with us some of your original creations!

We also are your one-stop source for all your sushi ingredients and equipment needs, which you can find in the store on our web

site. We've tried out all the products in our own homes and we know they work and are the best we can find.

As always, we want to hear from you, so please drop us an [e-mail](#) and let us know what you think of our products and our site.

We wish you all the best!

Happy rolling!

The SushiQuik Team

