

Vegan Sushi

Dr. Acooba Scott
Acooba's Kitchen

Instant Pot Ingredients:

2 cups sushi rice
2 cups water
½ cup seasoned rice vinegar
(or cup rice vinegar mixed
with 1 Tablespoon sugar and
1 teaspoon salt)
Wash and drain rice a few times
until water is somewhat clear.
Combine rice and water in
Instant Pot. Cover and let rice
soak for 10 minutes. Use Rice
or Sushi Rice setting. Allow
pressure to release naturally for
20 minutes then release pressure
and continue to season the rice.
If time allows, place seasoned
rice vinegar (or vinegar, sugar
and salt) into a glass or ceramic
dish and warm slightly in the
microwave or by sitting in a dish
of hot water.
Turn sushi rice out into a large,
shallow glass or wooden dish.
Spread rice out and sprinkle with

seasoned vinegar, stirring gently
but thoroughly to combine.
Use a hand or electric fan while
stirring to speed the cooling of
the rice and provide a lustrous
finish to the grains. Add more
vinegar to taste if desired.

Pot or Rice Cooker Ingredients:

2 cups sushi rice
3 cups water
½ cup seasoned rice vinegar or
1/3 cup rice vinegar mixed with
1 Tablespoon sugar and
1 teaspoon salt
Wash and drain rice a few times
until water is somewhat clear.
Combine rice and water in rice
cooker or in a pot with a tightly
fitting lid. Let rice soak for 20-
30 minutes. If using a rice cook-
er, turn on and allow to cook. If
using a saucepan, bring rice to a
boil then reduce heat and sim-
mer for about 20 minutes until
water is absorbed. Turn off flame
or rice cooker, and allow rice
to steam with lid on for
about 10 minutes.

Sushi Ingredients:

Sushi rice
Rice vinegar
Seaweed *nori*
Braggs Liquid Aminos
Sweet chili sauce
Wasabi *horseradish, spirulina & turmeric*
Tofu *soy*
Cucumbers
Mushrooms *shiitake or portobello*
Carrots
Corn *baby*
Asparagus
Avocado
Seaweed Furikake *Organic sesame
seeds, sea salt, sea vegetables: organic
dulse, nori, and kombu*
Sesame seeds
Ginger
Ajitsuke Inariage / Tofu Pouches
*fried bean curd [soybean, water, rape seed
oil] soy sauce [water, soybean, wheat, salt],
sugar, wheat, potato starch, water, corn
syrup, distilled vinegar, calcium
chloride – check ingredients
carefully on your package of
Inari to ensure it's vegan.*

veggie
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