

Grocery and equipment list: Sushi, edamame salad, and chocolate molten lava cakes

SUSHI – Makes 60 pieces

Fridge:

2 carrots
2 English cucumbers
Mayonnaise and sriracha, optional
Pickled ginger, optional
Toasted sesame seeds
Wasabi paste, optional

Any other optional ingredients that you like with sushi:
Raw fish, smoked salmon, tofu, cooked scrambled egg,
surimi (cooked mock crab) etc.

Pantry:

1 package roasted nori sheets (27 g/10 sheets)
2 cups dry sushi rice (sticky rice, Calrose rice)
2 ripe avocados
Sea salt
Unseasoned rice vinegar*
White sugar

*note-if you buy seasoned rice vinegar, you won't
need the sugar + salt

Equipment:

9x13 glass dish
Cutting board
Measuring cups and spoons
Pot with lid
Sharp knife
Small dish
Sushi rolling mat (optional)
Whisk
Wooden spoon or rice paddle



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EDAMAME SALAD – Makes 4 servings

Fridge:

1 bunch green onions
1 lime
1 sweet red bell pepper
Fresh cilantro
Miso paste, optional
Sodium reduced tamari
Unseasoned rice vinegar

Pantry:

Fresh garlic
Fresh ginger

Freezer:

1 cup frozen corn kernels (or fresh if available)
2 cups frozen shelled edamame

Equipment:

Knife
Large serving bowl
Measuring cups and spoons
Medium pot
Plastic wrap
Spoon
Whisk



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MOLTEN LAVA CHOCOLATE CAKES – Makes 8 ramekins or 10-12 using muffin tin

Fridge:

3/4 cup unsalted butter (1-1/2 sticks)
6 large eggs
Berries (optional to serve)

Freezer:

Vanilla ice-cream (optional to serve)

Pantry:

300 grams semisweet chocolate (50-70% cocoa)
All-purpose flour
Pure vanilla extract
Sea Salt
White sugar

I like the Lindt Swiss Classic Dark Chocolate 300- gram bar – the recipe uses the whole bar The 100-gram bar pictured below is the same chocolate as the 300- gram bar.



Equipment:

8 individual 3-inch ramekins OR use 12 cup non-stick muffin tin
Baking sheet (if using muffin tin)
Glass bowl with pot (to use as double boiler)
Ice-cream scoop (optional)
Oven
Oven mitts
Parchment paper (optional f using ramekins)
Stand up mixer with whisk attachment or hand beaters
Wooden spoon or spatula

