

Herbal Legacy Recipes

Korean Seaweed Rice Rolls

Seaweed is a powerhouse of nutrients. So it's convenient that Seaweed Rice Rolls are very popular right now. Sometimes called sushi, sometimes called kimpap – it doesn't matter what you call them, they will be delicious!

INGREDIENTS:

- 4 cups warm, cooked short-grain brown rice
- 6 fillings of your choice: long, narrow strips of: tofu; daikon radish; red, yellow, or green bell pepper; cucumber; cooked carrot or mushrooms; avocado; finely chopped spinach
- 7 sheets kim (kim is a dried sheet of seaweed available at ANY Asian market and carried at some grocery stores)
- Apple cider vinegar
- Bragg's Liquid Aminos



DIRECTIONS:

- While rice is cooking, prepare your fillings.
- Place a sheet of kim/seaweed on a cutting board with the long side facing you. Spread 1/2 cup of warm rice on the bottom one-third of the kim/seaweed sheet. Sprinkle the rice with a little vinegar.
- Choose about three of the fillings to place on the rice, forming narrow rows across the width of the rice. Gently press the filling into the rice.
- Starting at the edge near you, roll the seaweed away from you, forming a tube. Make the seaweed roll tight and secure. If the end of the sheet does not stick tightly, dampen the edge with a little water, and seal well.
- Repeat until all of the seaweed sheets have been filled and rolled. At this point rolls can be chilled for later use.
- With a sharp knife, cut the seaweed roll into 1-inch pieces. Serve with vinegar and/or Bragg Liquid Aminos.

NOTES & VARIATIONS:

1. Use steamed soy bean sprouts as a filling. You could use other raw sprouts in the filling as well.
2. After spreading the rice on the seaweed you can spread a little Almonnaise across the rice before you add your fillings.
3. Use seeds as a filling too. Sesame seeds would enhance the Asian flavor. Try sunflower seeds or pumpkin seeds
4. In Korean "kim" means seaweed and "pap" means rice, kimpap literally means seaweed rice. Sushi is the Japanese name for these tasty little bites.
5. Bragg Liquid Aminos is similar to soy sauce, just healthier.

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