



# Howard County

## RECREATION & PARKS

EXPRESS YOURSELF



**ADULT  
PROGRAMS**  
RECREATION & EDUCATION

### **NEW! Sushi with Kids with Chef Ravi**

Parent/Child Virtual Cooking Class

#### **Ingredients and Supply List**

##### **Vegetarian California Roll**

###### **Ingredients:**

- 4 cups water
- 2 cups uncooked white rice
- 1/2 cup seasoned rice vinegar
- 1 teaspoon white sugar, or as needed
- 1 teaspoon salt, or as needed
- 1 teaspoon Japanese mayonnaise
- 5 sheets nori (dry seaweed)
- 1 avocado, sliced
- 1 English cucumber seeded and sliced into strips
- 2 tablespoons drained pickled ginger, for garnish
- 2 tablespoons soy sauce, or to taste
- 1 tablespoon wasabi paste
- Black sesame seeds-1 teaspoon (you can use a blend of white and black sesame)
- Siracha- 1 teaspoon

##### **Mango and Papaya Sushi**

###### **Ingredients:**

- Cooked sushi rice- 2 cups
- Fresh mango sliced thin-1 each
- Slice papaya-1 cup
- Sugar-2 tablespoons
- Cardamom powder-1 teaspoon.
- Chocolate chips, toasted coconut-1 tablespoon

###### **Equipment list**

1. Sharp knife-preferably a sushi knife
2. Kitchen towel-cloth- 1 each
3. Soup bowl-or any deep bowl for water
4. Sushi mat-1 each
5. Plastic wrap
6. Squeeze bottle- 2 each
7. Presentation plate-to present your sushi
8. Medium sized with lid pot-to cook the rice or a rice cooker.
9. 2 oz plastic cups- 4 each