

Baked Crab Sushi

Pat Skjervheim, MG

2 to 3 cups of short-grain rice, cooked

Seasoning for rice:

1 tsp. salt,

1/4 cup rice vinegar,

3 Tbs. sugar or Splenda

**nori furikake* comes in different flavors, but it is basically seaweed that can be sprinkled. As an alternate you can use roasted sesame seeds and/or crumbled seaweed sheets.

Crab/shrimp mixture:

Mix together:

1 lb. of crabmeat

1/2 lb. cooked small bay

(or cocktail) shrimp (optional)

1 cup sour cream

1/2 cup mayonnaise

3 green onions, chopped

2-3 small shiitake mushrooms, minced (If using dried, soak in warm water until softened.)

Preheat oven to 350°.

1. Sprinkle of ground red pepper to taste (optional) or a dash or so of sriracha or other hot sauce to your liking
2. Salt to taste, but the seaweed (nori) wrap may be salty
3. Spread half of cooked rice in 9 x 13 ovenproof pan.
4. Spread half of crab mixture on top and sprinkle liberally with any flavor **nori furikake*.
5. Repeat steps 3 and 4
6. Bake for 15 minutes

Serve with 1/4 sheets of seasoned Korean seaweed (nori) for spooning and making hand rolls. These are seasoned with sesame oil and salt. You can find them in Asian markets. Many markets with an Asian food section will have the large sheets of seaweed, but they are not as flavorful and crispy, but will do in a pinch. Lettuce leaves would also be a good alternative.