

Warm Brown Rice Maki Rolls

20 mins

Cooked Brown Rice

½ tsp miso paste

Nori Sheets

Avocado

Tamari

Slice your avocado in half, and then remove the pit, and slice in very thin slices. Add a dash of salt and pepper if you like. Place your nori sheet on a clean dry surface - perhaps on a piece of parchment paper for easy shaping. First, add a ½" thick layer of (ideally warm) brown rice on ¾ of the surface of the nori sheet, leaving about 2" of nori sheet on one edge clear. Spread the miso paste thinly either on the rice, or if it is not spreading easily, just add little bits along the edge.

On the sale edge of the rice, place a horizontal line of avocado slices about 1" in from the edge, either over the miso or right next to it. This is the end from which you will begin to roll your maki. First, take that edge closest to the avocado and roll it in, with the nori sheet on the outside of your roll. If you have wet, sticky fingers, dry your hands. continue to roll tightly, using the parchment paper to gently squeeze, if you are using it. Once you get to the edge of the nori with no rice, wet the nori sheet with a bit of water, and continue to roll over it. This way your roll will stay together. Slice with a VERY sharp knife - a bread knife works well - slowly and gently. Place in a tupperware to bring to work - or if you're making it fresh, enjoy with a tablespoon of tamar as a dipping sauce on the side! For a filling lunch, make two rolls, or have with miso soup!