

Peach, Avocado and Forbidden Rice Nori Rolls

NORI ROLLS ARE LIKE ASIAN BURRITOS—wrapping up all of my favorite ingredients and yielding an entire meal in one easy-to-serve roll. These make a great appetizer or light meal and are one of my favorite foods to pack for a picnic or a day at the beach.

- 1 cup forbidden black rice
- 1¾ cups water
- Pinch of sea salt
- 3 tablespoons sesame seeds
- ½ teaspoon coarse sea salt
- 1–2 peaches, pitted and sliced into wedges
- 1–2 avocados, pitted, peeled and sliced into wedges
- 3 scallions, cut into 3-inch pieces and sliced lengthwise into thin strips
- ¼ cup pickled sushi ginger
- 2 teaspoons brown rice syrup
- 2 teaspoons brown rice vinegar
- 1 teaspoon hot pepper sesame oil
- 4 sheets toasted nori
- ¼ cup tamari

Place rice in pot or rice cooker with water and salt. Bring to boil, reduce heat and simmer covered until rice is tender and water is absorbed (about 30 minutes). Remove from heat and set aside to cool slightly.

In dry skillet over medium heat, pan-roast sesame seeds until lightly browned and fragrant. Remove from heat and transfer seeds to mortar. Add sea salt and use pestle to grind seeds and salt together until half the seeds are ground. Place next to work surface along with peaches, avocados, scallions and sushi ginger.

Drizzle syrup, vinegar and sesame oil over rice, toss to combine and add to line-up with other prepared ingredients.

Place a sheet of nori, shiny side down, on work surface or bamboo rolling mat, with a short side facing you. Press a thin layer of rice over the bottom third of the nori sheet (the side closer to you). Place peaches, avocados, scallions and ginger in a long thin strip across the middle of the rice. Sprinkle on sesame-salt mixture, then carefully fold the end of nori over the rice and continue rolling away from you to form a log. Moisten the edge with water to seal, and let roll sit 2–3 minutes for nori to soften. Cut crosswise into ½-inch pieces, arrange on serving dish and repeat to use up ingredients. Serve with tamari on the side for dipping.

SERVES 4

VARIATION

Substitute mango when peaches are out of season.