

How to Make Dessert Sushi

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Photo from <http://grocerytrekker.blogspot.com>

Real Sushi (ilura gunkan-maki) made with rice, salmon caviar, and seaweed wrappers.

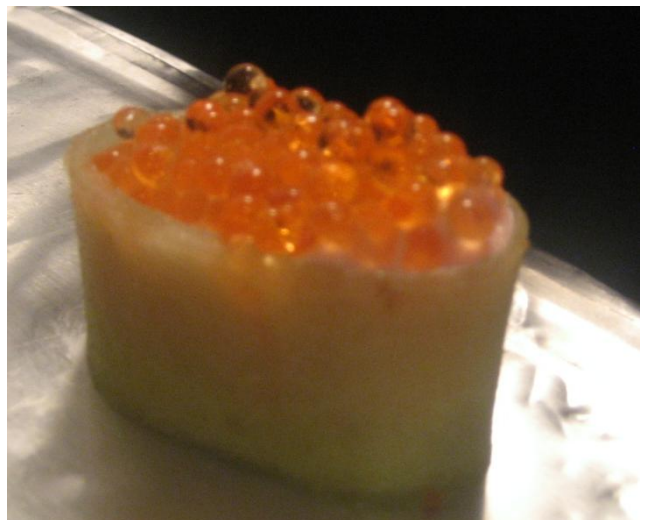


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Dessert Sushi made with pound cake, strawberry mousse, and vanilla flavored gel caviar.

Introduction

Sushi, a savory dish often made with rice, fish, and a seaweed wrapper, has become a popular Japanese food all over the world. However, at the end of a sushi meal guests are often left without a sweet dessert finish. For your next party, use this guide to make a dessert that looks just like real sushi to end the night. This dish is called “dessert sushi” and it will be sure to wow your guests. The recipe is perfect for the home entertainer looking for a unique dessert that is simple and affordable to make. Total prep time is less than an hour and this recipe can yield up to 40 pieces of dessert sushi. Enjoy with friends and family!

Total Prep Time and Amount: 1 hr. and makes up to 40 individual dessert sushi pieces

Individual component can be made 1 day in advance and stored in separate containers in the refrigerator.

Assembly of dessert can be done up to 2 hours before serving.

Materials

Equipment

- Blender
- Marinade injector
- Slotted Spoon
- Vegetable Peeler
- Knife
- Bowls
- Wisk
- Plastic Storage Bag
- Scissors
- Toothpicks

Ingredients

- ½ tsp. Sodium alginate
- ½ Calcium Chloride
- Orange Food Coloring
- ½ cup Powdered Sugar
- ½ tsp. Vanilla Extract
- Water
- Instant Strawberry Mousse
- Milk (for mousse)
- Honeydew Mellon
- Pound cake

Preparing the Caviar Topping

1. In a bowl mix the calcium chloride with 2 cups of water until the mixture is clear. Set aside. *This will be used at the calcium bath in step 6.*

2. Mix the sodium alginate powder with the powdered sugar thoroughly.

It is important to mix the sodium alginate powder evenly throughout the powdered sugar to prevent clumping.

3. Place 1 cup of water, vanilla extract, and 4-5 drops of orange food coloring to the blender. Blend on low until mixed.

4. Add the sodium alginate powdered sugar mixture to the blender. Blend on low until the mixture is smooth.



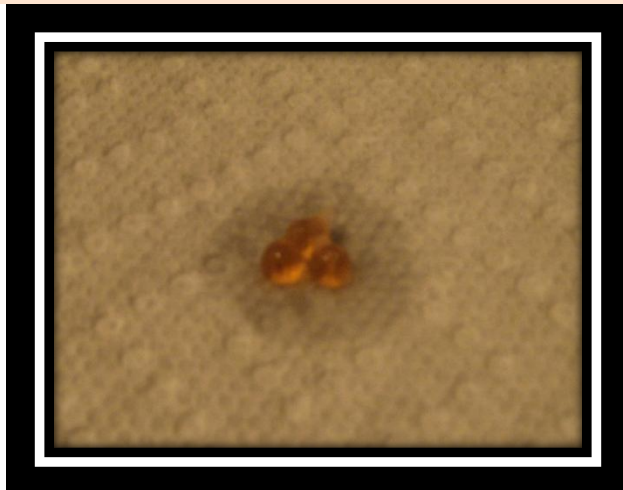
5. Place the needle of the marinade injector in the sodium alginate mixture. Pull up the plunger slowly to hold the liquid in the chamber.

6. Hold the injector over the calcium bath and slowly drop beads of liquid into the bowl. Repeat until there is the sodium alginate mixture is all gone or there is enough for each piece of dessert sushi being made (1 tbs. per piece). Let the beads sit in the bowl for 3-4 minutes.



7. Using a slotted spoon, remove the beads from the calcium chloride mixture and rinse in a bowl of clean water.

8. Drain off the rinse water and place the beads on a paper towel to dry. Set aside.



Preparing the Filling

1. Prepare the instant strawberry mousse (or pudding) according to the instructions on the package

Make a homemade mousse to add a nice personal touch.



2. Spoon mousse into a large plastic storage bag and seal shut. Set Aside

The plastic bag will be used as a make-shift pastry bag for the assembly of the dessert.



Making the Seaweed Wrapping

1. Cut a honeydew melon into edges with a knife.



Warning: Be careful when using a sharp knife.

Try cutting off a small slice from the bottom of the melon to make it more stable on the cutting board.

2. Then take a vegetable peeler and peel off long thick strips lengthwise from the inside of the wedge.

You may have to peel off some scrap pieces of melon until you get a flat surface to make long wide strips from.



3. With your sharp knife, trim the edges and cut the strips of honeydew into rectangles about 5 inches long and 1 inch wide.

Making the Base

1. Cut the premade pound cake into $\frac{1}{4}$ inch slices.

2. Take a slice and using your knife, cut out rectangles about 2 inches long and 1 inch wide.



3. To make the rectangle into an oval shape, trim off the corners.
You could also use an oval cookie cutter



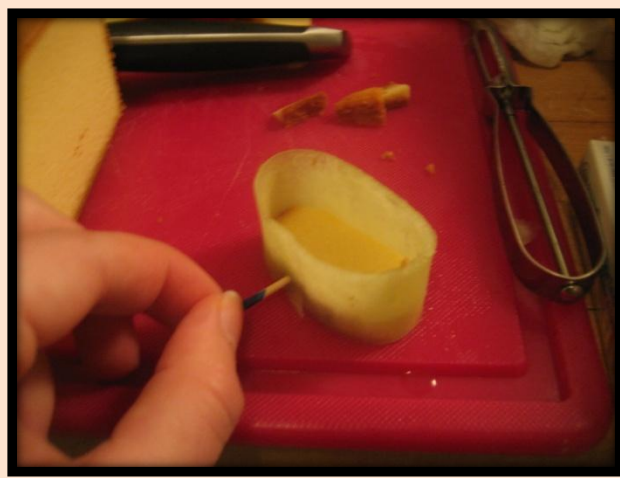
Assembly of the Dessert Sushi

Can be made up to 2 hours before serving.

- 1. Wrap the honeydew slice around the base of the pound cake oval. If the slice is not long enough use an additional slice.**



- 2. Secure the honeydew melon strip to the pound cake with a toothpick.**



- 3. Take the plastic bag filled with strawberry mousse and snip off a small portion of plastic from the bottom corner. Squeeze the mousse into the honeydew wrapped pound cake until the base is full.**



4. Place fake caviar topping on top of the filling and let the dessert set for 15 minutes before removing the toothpick.



5. Serve on a decorative platter and enjoy!
