



Spicy California Roll

Edo Roll, Spicy California Roll Lunch Entrée	
Ingredients	Quantity
Nori, Seaweed Wrap	12 pieces
Cucumber, with peel, raw	3 c. slices
Bread Crumbs, plain	6 oz.
Edo Roll Sushi Rice	1 qt., 2 c.
Rice, Brown, Whole Grain	14 oz.
Water	1 qt., 3 tbsp., 2/3 tsp.
Margarine, Zero Trans Fat	1 tbsp., 2/3 tsp.
Vinegar, Rice	1/3 c., 1 tbsp., 2-2/3 tsp.
Sugar, Granulated	1/3 c., 1 tbsp., 2-2/3 tsp.
Spicy Crawfish Meat	1 lb., 8 oz.
Crawfish Tailmeat	1 lb., 8 oz.
Salt, Table	1 tsp.
Spices, Black Pepper (ground)	1 tsp.
Spices, Granulated Garlic	1 tsp.
Sugar, Granulated	2-2/3 tsp.
Mayonnaise, Light	3 tbsp., 1-1/3 tsp.
Sauce, Serracha Chili Sauce	1 oz.

Preparation Instructions

1. Place bowl of water next to your roller so you can dip your fingers. This will prevent rice from sticking to your fingers.
2. Wrap bamboo roller with plastic wrap tightly.
3. Prepare sushi rice and protein according to recipe.
4. Gather all ingredients and have accessible.
5. Lay down 1 Nori on bamboo roller.
6. Place 1/2 cup of sushi rice on Nori and spread evenly to edges of the Nori. (Dip fingers in water to prevent sticking)
7. Sprinkle bread crumbs over rice evenly.
8. Cut cucumber into strips.
8. Place ¼ cup of cucumber and 2 ounces of crawfish meat on the end closest to your body.
10. Roll tightly until you reach the end, brush roll with water and cut into 5 even slices with a sharp knife.
11. Hold in refrigerator until ready to eat.

Finishing Items Suggestion: Soy Sauce - 1 oz., Ginger -1 oz. and Wasabi - 1 oz. is suggested to be served with this item.

Spicy California Roll	
Serving Size: 2 Rolls	
Yield: 6	
Nutrition Facts	
Serving Size: 2 Rolls	
Serving Weight: 483 gm	
Amounts Per Serving	
Calories	583 cal
Total Fat	9 gm
Saturated Fat	2 gm
Trans Fat	0 gm
Cholesterol	153 mg
Sodium	1032.34 mg
Potassium	6 mg*
Carbohydrates	100 gm
Fiber	5 gm
Sugars	21 gm
Protein	30 gm
Iron	3.5 mg
Calcium	133 mg
Vitamin A (IU)	806 iu
Vitamin C	7 mg
Vitamin D	0 mcg*
Saturated Fat % of Calories	2.5%
* = Indicates missing Nutrient Information. WARNING: trans fat values are provided for information purposes only, not for Monitoring purposes.	



"SFE's fresh-from-scratch food quality is outstanding, so that students WANT to eat at school, now... The result has been much improved participation"

Deputy Superintendent
Grand Prairie ISD, TX
SFE District Partner since 2011

