



Yoshiko's Recipe



Wide Open Eyes Sushi

Ingredients

Rice
Pickled Takana Leaf Mustard
Bonito Flakes

- ① Soy Sauce
 - ② Vinegar
- } 4
: 1



Directions

1. Cook rice
2. Rinse off excess salt from pickled takana, cut the core off the leaf
3. Prepare seasoning sauce with soy sauce and vinegar at 4:1 ratio
4. Season the takana leaf in sauce ③
5. Mince the core of the takana, add some soy sauce and bonito flakes, squeeze off excess water
6. Lightly squeeze the leaf ④ and spread it on open palm with the smooth side down.
7. Put rice on the leaf ⑥, put the core ⑤ in the middle and make a rice ball wrapped with takana leaf

Cooking Tips

- ➔ Mehari Sushi (Wide Open Eyes Sushi) is a local specialty of Kumano region, in the southern Wakayama prefecture in Japan.
A rice ball wrapped in pickled Takana leaf mustard, its size used to be so big that one must have with his eyes wide open while taking a bite— hence the name “Wide Open Eyes Sushi.”
- ➔ Make sure to keep the surface smooth by pulling on the edge of the leaf