



Hakozushi Autumn

A dish featuring rice mixed with vinegar (sushi rice), fresh-water clams and eggs packed and pressed into a box



Ingredients (4 servings):

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| 4 cups | rice |
| Vinegar mixture | |
| 1/2 cup (100 cc) | vinegar |
| 1/2 cup (65 g) | sugar |
| 1 tsp | salt |
| Filling | |
| 120 g | fresh-water clams (stripped)
(soy sauce, <i>mirin</i> , sugar) |
| 70 g | <i>hae</i> (Deepbody Spinefoot)
(3-4 cm in length)
(sugar, soy sauce, <i>mirin</i>) |
| 40 g | <i>irokado fu</i>
(sugar, white soy sauce) |
| 1 | egg (sugar, salt) |
| 15 g | dried shiitake mushrooms
(sugar, soy sauce, <i>mirin</i>) |
| | Suitable amount
<i>dembu</i>
(mashed and seasoned fish) |
| | <i>Haran</i> (aspidistra) |

Directions:

1. Cook the rice slightly harder than normal. Mix the vinegar thoroughly with the rice; allow to cool.
2. Expel the sand from the fresh-water clams. Add 1 tbsp each of sugar, *mirin* and soy sauce to a saucepan and bring to a boil; add the fresh-water clams and simmer.
3. Wash the *hae*. Add 2/3 tbsp each of sugar, *mirin* and soy sauce to a saucepan and bring to a boil. Gradually add in the *hae* and simmer.
4. Cut the *irokado fu* to a thickness of 5 mm and simmer in 2/3 tbsp each of sugar and white soy sauce.

5. Season the egg with a pinch of sugar and salt and make into *kinshitamago* (omelet cut into narrow strips).
6. Soak the dried shiitake mushrooms and simmer until soft with 1/2 tbsp sugar, 1/3 tbsp *mirin*, 1 tsp soy sauce and the liquid used to soak the mushrooms.
7. Slightly wet the sushi box and line with a *haran* (aspidistra). Spoon in the sushi rice. Line each of the filling items diagonally in alternate bands on top of the rice. Place a *haran* on top of the filling, cover with the lid and press. Put aside for 5-6 hours. Cut into bite-sized pieces.

Tips:

- Pack all four corners of the box fully with the sushi rice.
- Arrange the filling on the rice to give the finished product a nice display of color.