Pickled Okra Thick Rolls

Makes 4 rolls, 20 pieces

4 sheets nori (4 x 7in, 10 x 18 cm)

3 cups (650 g) prepared sushi rice

8 green beans, trimmed and blanched

1 4 in (10 cm) length carrot, cut into matchstick sized strips

4 large pieces pickled okra, cut in half lengthwise

½ small red bell pepper, cut into matchstick sized strips

4 teaspoons cream cheese, softened (Optional)

4 teaspoons corn, blanched

2 teaspoons minced green onions (scallions), green parts only

2 teaspoons sesame seeds, toasted

Sweet Chili Sauce or Soy Sauce, for dipping

1. Place one sheet of nori on a bamboo rolling mat. Be sure the short end is parallel to the bottom of the mat and the rough side is facing upwards.

2. With fingertips dipped lightly in water, spread about 3/4 cup (180 g) prepared sushi rice evenly over the bottom 3/4 of nori.

3. Arrange 2 green beans in the center of rice. Place ¼ carrot pieces across rice, and top with 2 pickled okra halves. Add ¼ of the red bell pepper strips. Spread 1 teaspoon of cream cheese across rice, if using. Sprinkle with 1 teaspoon corn, ½ teaspoon green onions, and ½ teaspoon sesame seeds.

4. With damp fingertips, place thumbs underneath rolling mat while grasping fillings with all other fingertips. Roll the bottom of the mat just over the fillings and tightly tuck fillings under the fold.

5. Lift the edge of the rolling mat and continue rolling until it reaches the top edge of the nori. (Keep mat from getting stuck inside the fold during rolling!) Gently shape roll by pressing forefingers on top of the mat while simultaneously pressing thumbs and middle fingers on the sides.

6. Repeat steps with remaining nori and fillings. Allow roll to rest seam side down on a cutting board at least 2 minutes before cutting each into 5 pieces. Serve with Sweet Chili Sauce or Soy Sauce.