
California Roll Somen Wraps

Description

This simple and refreshing recipe makes the perfect side dish or appetizer for family gatherings and informal parties.

Total time: 20 min Yield: 5 as a starter

Ingredients

- 1 head soft green lettuce (manoa, butter, romaine, etc.)
- 2 cup crab meat or imitation crab meat
- 8 oz somen
- 1 Japanese cucumber
- 1 ripe avocado (diced into bite-sized cubes)
- 1/2 cup shredded nori
- 1/2 cup green onions (diced fine)
- 1/2 cup shoyu
- 2 tsp sesame seeds
- 1 Tbsp rice vinegar
- 2 Tbsp mirin
- 1 1/2 tablespoons sugar
- 1/2 tsp sesame oil
- 1/4 tsp wasabi (optional)
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Prep Time: 20 min Total Time: 20 min

Instructions

Wash lettuce, cut into 3" pieces, dry and refrigerate. Shred crab, dice cucumber and avocado into bite-size cubes. Heat all the sauce ingredients (shoyu, sesame seeds, rice vinegar, mirin, sugar, sesame oil, wasabi) together just until boiling, then set aside to cool. Cook somen according to package directions. Assemble by placing some somen on each lettuce leaf, followed by crab, avocado, cucumber, nori and green onions and a sprinkle of some sesame seeds.

Serve with dipping sauce on the side.

Recipe brought to you by:

Chef Joanne Chang

Source:

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