

Hawaiian Cooking Class Shopping List



Produce:

- 1 Cucumber
- 1/2 Medium Hass Avocado
- 1 Maui or Yellow Onion
- Ogo (seaweed)
- 1 Bunch Scallions/Green Onions
- Furikake (dried Japanese seasoning) - optional
- Mint, 2 leaves per serving

Proteins:

- 1/2 lb Sushi-Grade Tuna
- 1 Tbsp Orange Tobiko (fish eggs)
- 1 lb Fresh Sashimi-Grade Ahi Steak

Dry Essentials & Condiments:

- Reduced Sodium Soy Sauce or Gluten-Free Tamari
 - 1 tsp Sesame Oil
 - 1 tsp Togarashi spice blend
 - Hawaiian Sea salt
 - 2 Tbsp Light Mayonnaise
 - 2 tsp Sriracha Sauce
 - Short-Grain Brown Rice or Sushi White Rice
 - 1 tsp Black Sesame Seeds
 - Inamona (Kukui Nut) or Toasted Macadamia Nuts
 - Wasabi Aioli - optional
 - Sweet Soy Reduction - optional
 - Light Rum
 - Malibu Rum
 - Pina Colada
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