

smoked salmon or cured salmon dusted with herbs. *O'toro* (bluefin tuna) is pale pink and meltingly tender. It lies near the belly section of the fish and is highly prized. Bright red *akami* (bluefin), near the backbone, is much leaner and tastes similar to rare filet mignon. Remember the golden rule: select only the freshest seasonal saltwater fish and live shellfish with tightly closed shells.

1 cup medium-grain rice, rinsed until water is clear, drained
 1 1/4 cups water
 1 2-inch square dried kelp (konbu), lightly wiped
 2 tablespoons rice vinegar
 1 tablespoon mirin (Japanese rice wine)
 1 tablespoons sugar
 1/2 teaspoon salt
 grated outer zest of 1 small lemon

Toppings

- Strips of red and yellow bell pepper
- Edamame
- Thin red onion strips (marinated in rice vinegar, if desired)
- Toasted sesame seeds
- Thin strips of fresh raw seafood or cooked seafood
- Strips of toasted nori seaweed
- Ripe avocado, sliced

To make sushi, put rice, measured amount of water and kelp in a rice cooker or add to a heavy medium pan. Cover; soak 30 minutes. Discard kelp; cook rice. If using pan, bring to a boil; reduce heat to low. Cover and cook 15 minutes or until done. Remove from heat and let stand 10 minutes with cover in place.

Scoop the warm rice into a large glass bowl. Heat vinegar, mirin, sugar, salt and lemon zest until sugar dissolves. Drizzle slowly over rice, tossing with a wooden paddle until blended in. Fan rice, if possible, to cool quickly and add sheen. Put seasoned rice into a large bowl. Toss in bell pepper, edamame and onion.

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