

GUIDE TO **BEEFSHI**

East meets West as sushi gets beefed up in 2018.



New York Deli Roll

Corned beef, slivers of fresh horseradish and Swiss cheese rolled into a beautiful spiral. Caraway seeds add a tangy flavor and that deli touch.



Inside-Out Wisconsin Maki

Sushi rice on the outside wrapped around a stick of summer sausage, a sliver of Colby cheese and shaved dill pickles. Served with brown, spicy mustard.



Sunday Supper Sushi

Thinly sliced roast beef wrapped around sushi rice with slivered carrots and pea shoots in the center. The top of the sushi is garnished with grated radish. Dip in savory au jus.



Carolina Sushi

Shredded fried beef bologna and carrot slivers. A little celery salt is added to the rice. Rolled with a vinegared cabbage leaf rather than nori. Served with Carolina style barbecue sauce.



Sleeping Dog Sushi

A piece of warm, grilled hot dog a top sushi rice and served with a tomato sauce of ketchup pepped up with vinegar and mustard powder.



The Texan Roll

Roast beef rubbed with lime zest, ground cumin and garlic. Cilantro, slivered jalapenos and onions, crumbled cotija cheese. Serve with salsa or pico de gallo.



Reuben Roll

Warm pastrami, sauerkraut and thinly sliced Swiss cheese rolled into sushi rice and served with Russian dressing.



The Hiker's Roll

A traditionally styled roll with nori wrapping around sushi rice, filled with slivers of beef jerky, slices of egg omelet and pea shoots or watercress. Dip into sriracha.

For more recipes, videos, preparation information and nutrition, visit Beefshi.com



Funded by the Beef Checkoff.



MeatPoultryNutrition.org