

California Rolls

4 cups sushi rice
4 sheets of nori (dried seaweed)
 $\frac{3}{4}$ cup crab meat
1 avocado
2 tbsp mayonnaise
 $\frac{1}{2}$ tsp salt
Pickled radish, sliced carrot, sliced beans etc..... (thin strips)

Preparation:

1. Put crab meat in a bowl and mix with salt and mayonnaise.
2. Peel and mash avocado, put into a bowl.
3. Cover a bamboo mat with plastic wrap. Put a sheet of dried seaweed on top of the mat.
4. Spread sushi rice on top of the seaweed and press it down firmly. Sprinkle sesame seeds over the sushi rice. Turn the sushi layer over so that the seaweed is on top.
5. Spread crab pieces lengthwise on the seaweed, and thin strips of radish, carrot or beans - what ever you desire.....
6. Sift flour, baking powder and green tea powder together, and then add the flour mix to the egg mixture.
7. Roll the bamboo mat forward, pressing ingredients inside a cylinder shape. Press the mat firmly and leave to rest for 5 minutes.
8. Unroll sushi, remove mat and slice into bite-size pieces. Serve & enjoy.