

Avocado Sushi Cake: Fun, Layered & Easy Sushi Delight

Avocado Sushi Cake: A Fun, Layered Celebration for Your Taste Buds!



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INGREDIENTS

2 cups cooked sushi rice (seasoned with rice vinegar, sugar, and salt - follow package directions for seasoning sushi rice)

2 ripe avocados, sliced

1 cucumber, cut into thin strips (English or Persian cucumber recommended)

½ lb sushi-grade salmon or tuna, thinly sliced

1 sheet nori (seaweed), cut into strips (for garnish)

1 tbsp sesame seeds (toasted, for garnish)

Soy sauce, for dipping

Pickled ginger, for serving

Wasabi, to serve

Swaps and Notes:

Sushi Rice: Cooking sushi rice correctly and seasoning it properly (with rice vinegar, a pinch of sugar, and salt) is crucial for the authentic flavor and sticky texture. Ensure it's cooled to room temperature before layering.

Sushi-Grade Fish: This means the fish is safe to eat raw. Purchase from a reputable fishmonger. If raw fish isn't preferred, you can use cooked shrimp, smoked salmon, or even thinly sliced cooked chicken for a different take.

Avocados: Choose ripe but firm avocados that will hold their shape when sliced.

Cucumber: Thin strips are ideal for layering.

English or Persian cucumbers work well due to their

thin skin and few seeds.

Nori: The sheet of nori at the bottom helps with removal and adds a subtle seaweed flavor. Strips for garnish add visual appeal and crunch.

Springform Pan: A 6-inch or 8-inch springform cake tin is ideal for shaping, but a regular cake pan lined thoroughly with plastic wrap could also work.

Garnishes: Sesame seeds, nori strips, pickled ginger, and wasabi complete the sushi experience.

Additional Layers (Optional): You can add a thin layer of cream cheese, masago (fish roe), or a drizzle of spicy mayo (mayo + sriracha) between layers for extra flavor.

Instructions:

Prep the Pan: Line a springform cake tin (a 6-inch or 8-inch round pan works well) thoroughly with plastic wrap, ensuring plenty of overhang on all sides. This will help you easily remove the cake once chilled. Place a nori sheet on the bottom of the lined pan.

Layer 1 (Rice, Avocado, Cucumber, Fish): Add half of the cooled, seasoned sushi rice to the pan. Press it down firmly and evenly to form the base layer. Next, arrange half of the sliced avocado neatly over the rice. Follow with half of the thin cucumber strips and then half of the thinly sliced sushi-grade fish (salmon or tuna).

Layer 2 (Repeat): Carefully repeat the layers: add the remaining half of the sushi rice and press it down gently. Then, layer on the remaining half of the sliced avocado, cucumber strips, and fish.

Top Layer (Rice): Finish with the last layer of rice on top. Press down gently but firmly to ensure all layers are compacted. Pull the plastic wrap overhang over the top to cover the cake.

Chill to Set: Cover the entire tin with plastic wrap and refrigerate for at least 2 hours to allow the sushi cake to set firmly. This makes it easier to remove from the pan and slice.

Garnish & Serve: When ready to serve, remove the sushi cake from the refrigerator. Gently unclip the springform pan and remove the ring. Carefully invert the cake onto a serving platter, remove the plastic wrap and the base of the springform pan. Sprinkle sesame seeds generously over the top. Arrange the nori strips decoratively on top. Serve immediately with soy sauce for dipping, wasabi, and pickled ginger on the side.

Tips for Success:

Cool Sushi Rice: Ensure your seasoned sushi rice is completely cooled to room temperature before layering. Hot rice will cook the other ingredients and make the avocado brown.

Pack Firmly: Press each rice layer down firmly but gently to ensure a cohesive cake that holds its

shape.

Fresh Fish: Always use sushi-grade fish from a reputable source if consuming raw.

Add Avocado Last: Add the avocado just before assembling or chilling to minimize browning.

Chill Thoroughly: The chilling time is crucial for the cake to set, making it easier to slice and serve cleanly.

Sharp Knife for Slicing: Use a very sharp, slightly moistened knife to slice the sushi cake cleanly.

Serving Suggestions and Pairings:

Parties & Gatherings: It makes an elegant and unique centerpiece.

Light Lunch or Dinner: A satisfying and healthy meal.

DIRECTIONS

1. **Making an :** Avocado Sushi Cake is all about careful layering and chilling for a beautiful presentation!
2. **Prep the : Pan:** Line a springform cake tin (a 6-inch or 8-inch round pan works well) thoroughly with plastic wrap, ensuring plenty of overhang on all sides. This will help you easily remove the cake once chilled. Place a nori sheet on the bottom of the lined pan.
3. **Layer 1 (Rice, Avocado, Cucumber, Fish):** Add half of the cooled, seasoned sushi rice to the pan. Press it down firmly and evenly to form the base layer. Next, arrange half of the sliced avocado neatly over the rice. Follow with half of the thin cucumber strips and then half of the thinly sliced sushi-grade fish (salmon or tuna).
4. **Layer 2 (Repeat):** Carefully repeat the layers: add the remaining half of the sushi rice and press it down gently. Then, layer on the remaining half of the sliced avocado, cucumber strips, and fish.
5. **Top : Layer (Rice):** Finish with the last layer of rice on top. Press down gently but firmly to ensure all layers are compacted. Pull the plastic wrap overhang over the top to cover the cake.
6. **Chill to : Set:** Cover the entire tin with plastic wrap and refrigerate for at least 2 hours to allow the sushi cake to set firmly. This makes it easier to remove from the pan and slice.
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8. **Tips for Success: Cool Sushi Rice:** Ensure your seasoned sushi rice is completely cooled to room temperature before layering. Hot rice will cook the other ingredients and make the avocado brown.
9. **Pack : Firmly:** Press each rice layer down firmly but gently to ensure a cohesive cake that holds its shape.
10. **Fresh : Fish:** Always use sushi-grade fish from a reputable source if consuming raw.
11. **Add : Avocado Last:** Add the avocado just before assembling or chilling to minimize browning.
12. **Chill : Thoroughly:** The chilling time is crucial for the cake to set, making it easier to slice and serve cleanly.
13. **Sharp : Knife for Slicing:** Use a very sharp, slightly moistened knife to slice the sushi cake cleanly.
14. **Serving Suggestions and Pairings:** This Avocado Sushi Cake is a show-stopping dish perfect for:
15. **Parties & : Gatherings:** It makes an elegant and unique centerpiece.
16. **Light : Lunch or Dinner:** A satisfying and healthy meal.
17. **Appetizer:** Serve smaller slices as an impressive starter.
18. **Picnics (Chilled):** A lovely option for an outdoor meal.
19. **Pair it with a refreshing beverage** like green tea, or a light white wine. For other light and fresh Asian-inspired dishes, you might also enjoy my Easy Quinoa Salad (if you added some edamame!) or my vibrant Vegan Sweet Chili Edamame.
20. **Storage and Leftover Tips:** Avocado Sushi Cake is best enjoyed immediately after assembly and chilling for optimal freshness and texture. Due to the raw fish and avocado, it does not store well. If you have any leftovers, cover tightly and consume within 12-24 hours at most, keeping it well-chilled. The avocado may brown over time.
21. **More Recipes You Will Love:** If you loved the fresh flavors and unique presentation of this sushi cake, here are a few more fantastic savory recipes that I think you'll absolutely love:
22. For another exciting dish featuring fresh ingredients, check out my Blistered Shishito Peppers with Zesty Spicy Sauce.
23. If you're a fan of flavorful : Asian-inspired main courses, my Chinese Pepper Steak is a must-try.
24. And for a comforting and rich : Asian-inspired soup, don't miss my Beef Miso Ramen.
25. For other healthy and easy baked vegetable sides, check out my Baked Butternut Squash Fries.

SWAPS & NOTES

Sushi Rice: Cooking sushi rice correctly and seasoning it

properly (with rice vinegar, a pinch of sugar, and salt) is crucial for the authentic flavor and sticky texture.

Ensure it's cooled to room temperature before layering.

Sushi-Grade Fish: This means the fish is safe to eat raw.

Purchase from a reputable fishmonger.

TIPS FOR SUCCESS

Cool Sushi Rice: Ensure your seasoned sushi rice is completely cooled to room temperature before layering.

Hot rice will cook the other ingredients and make the avocado brown.

Pack Firmly: Press each rice layer down firmly but gently to ensure a cohesive cake that holds its shape.

Fresh Fish: Always use sushi-grade fish from a reputable source if consuming raw.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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