California Sticky Rice Salad with Alaska Surimi Seafood

Makes 6 pounds

4 cups Calrose medium-grain rice
4 cups water
1 Tbsp. kosher salt

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1/2 cup sugar
1/2 cup **UNSEASONED** rice vinegar
1/4 cup toasted sesame oil
1 to 1-1/2 Tbsp. sambal oelek (Asian chili sauce)

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2 Tbsp. vegetable oil
12 oz. (about 3-1/2 cups) small broccoli florets
6 oz. (about 2 cups) stemmed and sliced shiitake mushrooms
1 oz. (2 Tbsp.) minced garlic

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2 Tbsp. white sesame seeds
2 Tbsp. black sesame seeds
2 Tbsp. minced sweet pickled ginger with juice
8 oz. (about 1-1/2 cups) frozen shelled edamame, defrosted
4 oz. (about 1 cup) fine julienne or shredded carrot
1-1/2 oz. (about 1/2 cup) thinly sliced green onion
2-1/2 lb. Alaska Surimi Seafood (Imitation Crab)

In a large strainer, rinse rice, scrubbing with your hands, until the water runs clear. Shake rice and drain well. Place rice in a half hotel pan. Add measured water and salt, and stir well. Place in steamer, uncovered, and cook for 15 to 20 minutes, or until tender. When rice is cooked, fluff with a fork.

In a small bowl, combine sugar, rice vinegar, sesame oil and sambal oelek; stir to dissolve sugar. While rice is still hot, drizzle vinegar mixture over rice and fold in with a fork. Chill until cold.

Meanwhile, heat oil in a large nonstick sauté pan over medium-high heat. Add broccoli and mushrooms and sauté for 3 to 4 minutes, until broccoli is just tender. Add garlic and sauté 1 minute more. Remove from heat; chill until cold.

Fold sautéed veggies, sesame seeds, ginger, edamame, carrot, green onion, and Alaska Surimi Seafood into rice.

**Chef’s Note:** This salad is great to serve “California Roll” style, with a sprinkle of shredded nori, diced cucumbers and avocado on top.

Nutrients per 6 oz. serving: 183 calories, 4g total fat, 0.5g saturated fat, 19% calories from fat, 10mg cholesterol, 8g protein, 28g carbohydrate, 1g fiber, 239mg sodium, 19mg calcium, and 180mg omega-3 fatty acids.