

Nori Rolls with Pecan Pate

If you make the pecan pate ahead of time, it's easy to make these rolls when the urge arises. The pate will last a good week or so in the fridge. I wouldn't recommend making the entire roll ahead of time, because the nori will get soggy. But if you've pre-made the pecan pate, all you have to do is cut up the veggies, smear the miso paste on the nori and roll.

Recipe from Vanessa Sherwood, Green Chef:

<http://gliving.tv/greenchefs/vanessa-sherwood/Nori-Rolls/>

Pecan Paté

2 Cups	Pecans
1/3 Cup	Minced Red Onion
1/2 Cup	Chopped Parsley
2 Tablespoons	Lemon Juice
1 Teaspoon	Garlic Powder
2 Teaspoons	Nama Shoyu
2 Teaspoons	Cold Pressed Sesame Oil

Rolls

1 Normal	Avocado, Sliced
Hand Full	Sprouts
1 Normal	Red Bell Pepper, Julienned
2 Tablespoons	Dark Miso
1/4 Teaspoon	cayenne (Mixed with the miso)

Nama shoyu and wasabi powder for dipping

see other side for instructions

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For the Pecan Paté:

Place the pecans into a food processor. Process until you have small crumbs. Add the rest of the ingredients and pulse chop in.

To Assemble:

Spread 1 teaspoon of the spicy miso on a sheet of nori. Smear 2-3 tablespoons of the pate evenly across the bottom third of the nori sheet leaving 1 inch of nori sheet exposed at the bottom. Top with sprouts, cucumber, red bell pepper and avocado slices. Make sure to lay the sliced vegetables horizontally to make the rolling easier.

Fold the bottom of the sheet up and over the ingredients tucking the edge under the ingredients and roll all the way up. Before you get to the end, you may want to moisten the top edge of the nori sheet with a little water and then roll shut. This will keep it from opening up.

Cut the roll in half and put on a plate. Serve with some nama shoy mixed with wasabi powder if desired.

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