



with Alex Peterson of
Benja's Thai Garden & SUSHI

For preparation demonstration
and instructions, view episode at

**SOUTHERN
UTAH**LIVE
.com

Vegetable Roll

Ingredients:

Rice seaweed
Sesame seeds
Cucumber (pickled Japanese cucumber preferred)
Carrots
Sprouts
Avocado
Dikon Radish

Green Dragon Roll

Ingredients:

Tuna
Shrimp
Cucumber
Top with Avocado, eel sauce and Tobiko (flying fish eggs)

Rainbow Roll

Ingredients:

Cucumber
Avocado
Crab
Top with Tuna Salmon Albacore tuna Red Snapper and Shrimp

Sushi recipes provided by Alex Peterson of Benja Thai Garden located at
435 N. 1680 E #14
St. George, Utah 84790
<http://benjathai.com>

Southern Utah Chef airs Mondays at 6:30 p.m. on Baja Cable Channel 22 in southern Utah and is available at southernutahLIVE.com on demand any time. Show tapings are Fridays at Community Education Channel Studio A, DSU Jennings Building. For tickets to show tapings, and to be part of the live studio audience, call (435)674-2846.