

## INDULGENCES



At home in her LA kitchen, Tracy is busy experimenting with new tastes for her cookbook, *Sushi American Style*, which she plans to have published this summer.

# The meal Hollywood stars *can't* resist

Sushi chef Tracy Griffith — Melanie's sister — turns Tinseltown on to a Japanese tradition by adding an all-American flair

PHOTOGRAPHY BY GINA SABATELLA

**T**racy Griffith has been serving sushi to the stars for years. She's catered for dozens of celebrities, including Harrison Ford and Calista Flockhart, and Robert Wagner. Of course, she's also fed her sister Melanie and her brother-in-law Antonio Banderas.

"Sushi is the best food," Tracy declares. "It's healthy, filling, tasty and stylish." In addition to traditional sushi, Tracy's found a way to make

the style popular at parties and in kitchens across the country: She uses familiar ingredients Americans love to eat, such as bacon and cucumbers. Stars who love her sushi include Tom Cruise, Nicole Kidman, Courteney Cox and Salma Hayek.

One of the first certified female sushi chefs, Tracy began at LA's Tsunami restaurant. She now has her own TV show, *Cooking with Tracy Griffith*, on the DIY network.

Sister Melanie and Antonio Banderas are big fans of Tracy's cooking. "Melanie eats it most days. She can't get enough sushi," Tracy says.



Even before they were a duo, Harrison Ford and Calista Flockhart enjoyed eating Tracy's sushi at the popular Beverly Hills bistro Tsunami.



## Manhattan Wrap

Makes 4 rolls

- 1 lemon, zested and juiced
- 2 Tbs Japanese rice vinegar
- 2 tsp sugar
- Pinch of salt
- 2 cups cooked short or medium grain rice
- 1 Tbs black sesame seeds
- 1 unpeeled hothouse or English cucumber, halved lengthwise
- 1 mango
- 8 ounces smoked salmon, cut into 2" x ½" strips
- ½ cup citrus soy dipping sauce

To prepare sushi rice: In bowl, combine 5 tsp. lemon juice, 1 tsp. zest, vinegar, sugar and salt. Drizzle over cooked rice; toss to combine. Cover the rolling mat with plastic wrap. Using a vegetable peeler, make 2 lengthwise slices of cucumber. Cut in half lengthwise, then crosswise into 2" strips. Slice mango into ½" slices. Cut skin off and trim into 2" x ½" strips. Place plastic wrap over rolling mat. Wet hands and form ½ cup sushi rice cylinders. Shimmy the mat until it is 1" in thick. Remove cylinder; set aside. Sprinkle mat with sesame seeds. Place alternating strips of ingredients angled vertically and side-by-side at the bottom center edge of mat. Lay cylinder on top of the ingredients. Lift edge of mat and slide forward as you make a half turn and squeeze the ingredients into shape and close the roll. Wet knife and cut roll in half. Wipe and wet knife again; cut each half into quarters for 6 pieces. Serve with citrus sauce.

Work time: 10 min.  
Total time: 15 min.

## BLT Hand Rolls

Makes 6 hand rolls

- 1 Tbs Japanese rice vinegar
- 1 tsp sugar
- Pinch of salt
- 1 cup cooked short or medium grain rice
- Wasabi mayonnaise, like GourMayo
- 10 strips bacon
- 6 half-sheets nori (seaweed sheets)\*
- 1 tomato, cut into ½" strips
- 1 avocado, pitted, peeled and cut into ½" thin lengthwise strips
- 1 bag (5 oz) mixed baby lettuce

To prepare sushi rice: In small bowl, combine first 3 ingredients. Drizzle mixture over cooked rice; toss to combine. In skillet, cook bacon 8 min., or until crisp; drain bacon on paper towels. Cut bacon into ½" x 4" strips. Spread rice in center of nori sheet. Pipe a thin line of wasabi mayonnaise over rice. Top with 2 strips bacon, 1 slice tomato, 1 slice avocado and a few lettuce leaves. Fold nori wrap over filling to form a cone shape. Wet hands with cold water and press seam to seal.

Work time: 10 min.  
Total time: 10 min.

\* Can't find nori sheets? Use flour tortillas instead for flavor in a flash.

### ★ CHEF'S TIP ★

Chipotle-flavored mayonnaise can be used in place of wasabi for an unbelievable BLT twist.

By incorporating classic American foods, Tracy has invented her own style of sushi. Her specialties include the delectable bacon, lettuce and tomato rolls pictured here.

