



**because man
cannot live
on rice alone**

established by mama in 1982

Top Three Most Sustainable Restaurants in the U.S.
2012
fish2fork

Top Ten Healthiest Restaurants in the U.S.
2012
Gourmet

Seafood Ambassador Award
2011
Monterey Bay Aquarium

Keynote Speaker - Seattle
2011
American Fisheries Society - 141st Annual Meeting

Greatest Person of the Day
2010
Huffington Post

Key to the City of New Haven
2010
Seton Elm Ivy Award

**11 Influential Eco-Chefs Who Are Changing
the Way We Are Thinking About Food**
2010
EcoSalon

ABOUT MIYA'S

MAMA

In 1982, Mama opened New Haven County's first sushi bar. The restaurant was named Miya, after her baby daughter. This restaurant was the culmination of her life's ambition.

My grandfather had owned a successful lumber company and my mother dreamed of doing business with him when she was old enough. In the 1950's, little girls from the countryside in Japan weren't encouraged to pursue careers in business. Grandpa would sigh and compliment her, "If only you were a boy, you would make a great businessman." She wished that things were different; it wasn't fair being a girl.

In New Haven, cooking in a tiny apartment kitchen on Prospect Street, she put her university degree in nutrition to use by starting a catering business which would eventually become Miya's. After almost thirty years in business, my mother is still as passionate about Miya's as when she first began.

Often when I return from my trips, I find myself stunned by all of the improvements that my mother continues to make with the restaurant. More than anyone, she continues to drive Miya's full speed ahead. "Maybe I will run a marathon," she thought aloud to me the other day. I didn't doubt she could, not even for a second.

ME

When I was little, living in Kyushu, Japan, my Grandmother would pickle green plums and cucumbers in ceramic pots as big as laundry hampers. We would eat these pickles at every meal with steamed rice, misoshiru, and fish so fresh that their eyes shimmered like a young John Travolta's.

I often miss my grandmother and Japan, but I'm also so grateful for the worldly journey that my parents have allowed my life to become in America.

This cuisine is indebted to my mother, who is Japanese, and to my father,

who is Chinese. It is because of their differences that I adore and appreciate cultural diversity.

Just as importantly, this cuisine has been molded by everybody who has ever touched me in my life.

This menu is my love letter to every miraculous thing that lives under the sun.

OUR CUISINE

In our cuisine, I use the technique of sushi as a medium to explore what it means to be human. I take inspiration from a story that appears in the Hebrew Bible, the Quran, and in Ethiopian folklore about the Queen of Sheba traveling from Ethiopia to Jerusalem to seek the counsel of King Solomon. Upon arrival, she gave him spices from her home to honor him. This gift was incredibly meaningful; she was sharing with him the smells and the tastes of her homeland. King Solomon had never before experienced cumin, chili, fenugreek, cloves, cinnamon, and allspice, and the Queen of Sheba offered him the very essence of her faraway home for consumption. Food creates some of our most powerful memories; it can conjure up images and feelings of country, home, friends, and family. Food is culture. Food bonds people intimately. In each recipe of mine, ingredients from disparate cultures are combined, symbolizing what is possible when people of the world live in harmony with one another.

We are aware that the restaurant industry has a very harmful impact on the environment; in particular, the traditional cuisine of sushi is destroying our oceans. Therefore, we try to maintain a restaurant in as ecologically responsible manner as possible. We do our best to not use ingredients that are either overfished or that in their production have a destructive impact on the environment. As a result, half of our vast menu is vegetable-centered; the other half does not utilize standard sushi ingredients such as tuna, shrimp, farmed eel, yellowtail and farmed salmon. Instead, we've evolved our sushi to celebrate ingredients that are abundant but often overlooked. Much of our menu includes invasive species, trash fish and bycatch, many of which we catch ourselves on our one hundred acres of certified shellfishing grounds ten minutes from where you are now sitting.

I also strive to evolve sushi into a healthier and tastier cuisine. The popularization of the cuisine has lowered it's quality much in the same way as most Chinese food has been in America.

I have made a few changes I that I felt were necessary to the modern cuisine

of sushi in spirit of improving it's quality. At Miya's, for example, we will never use white rice. In a country where most of us will eventually die of lifestyle related diseases, all chefs should aspire to cooking in a way that marries good taste and art with sound nutritional wisdom. Our whole multigrain recipe is toothier, tastier and healthier than the conventional ones. Historically, vinegar, salt and sugar were added to fish and rice, as a method of preservation, in a time when there was no refrigeration. Though there is no longer the practical necessity to add these preservatives, they remain elements in the contemporary cuisine of sushi. Sushi rice today is highly processed and sweetened, much like the Wonder Bread many of us grew up eating. Inspired by whole multigrain breads, my recipe for sushi rice is made from a brown rice centered multigrain mixture containing quinoa, amaranth, oat grains and flax seed. Quinoa and amaranth provide all the essential amino acids needed to be a complete protein. Whole oats have more fiber than any other grain and help lower high blood pressure. Ground flax seed supplies nearly double the amount of Omega-3 fatty acids per calorie than any food in the world. Since most of my sushi involves robust flavors, the hearty grain mixtures carry my recipes in a way that traditional sushi rice could not. We use no sweeteners such as cane sugar that is used in all sushi rice today.

Our pickled ginger is hand cut and boiled in four changes of water and then is pickled in local cider vinegar and local maple syrup. We do not use artificial colorings or artificial sweeteners that are used universally in commercially produced pickled ginger.

Our soy sauce is my own citrus blend that is lower in sodium than any commercial reduced sodium soy sauce. I created it because Americans consume more salt than they should; also, traditional soy sauce is so salty that it overwhelms the food that is dipped into it.

I hope that my recipes dance in your mouth, tickle your brain and nourish your soul.

I put my hands together and bow to you,

Bun

DRINKS

SODA POP

Sweet fact: High fructose corn syrup is subsidized in the U.S., making commercial sodas super cheap, which helps to explain why obesity and its related diseases are prevalent among the poor.

PICKLED GINGER POP

Palate cleansing ginger soda made from our homemade maple syrup (Sugar Maple Farm, CT) pickled ginger (The Land, CT).
5.00

HIBISCUS FLOWER POP

Hibiscus flowers, honey (Sugar Maple Farm, CT), carbonated New Haven water
5.00

SASSAFRAS POP

This low glycemic index soda pop is made with sassafras root that we forage for ourselves, and is sweetened with home-grown stevia leaf
5.00

SAKE

CHINESE FIRECRACKER

Home grown hot chili peppers, lemons, limes, citron, lemongrass, and honey (Sugar Maple Farms, CT)
glass: 10 small bottle: 18 large bottle: 36

CHEROKEE SUMAC LOVE POTION

Honey (Sugar Maple Farms, CT) sweetened Connecticut wild foraged sumac sake
Glass: 10 Small bottle: 22 Large bottle: 44

DRAGON LADY

Ginger (The Land, CT), lemongrass, and honey (Sugar Maple Farms, CT) sake, designed to be a refreshing palate cleanser.
glass: 10 small bottle: 18 large bottle: 35

Created in honor of powerful women everywhere.

ULTRAVIOLET KISSES

Ocean-salty, homegrown red aged shiso and sour plum sake
glass: 10 small bottle: 28

Sake with the same salinity content (3.5) as the South China Seas. Since the Industrial Revolution, the oceans have seen a 30% increase of acidity due to human activity. To raise awareness of this alarming problem, we have made Ultraviolet Kisses to have a ph of 8.179, the pre-industrial acidity level of the world's oceans.

EMERALD WITCHES' LIPS

Hand-picked white pine needles inspired by Native Americans who used to eat nutrient rich pine tree cambium
glass: 10 small bottle: 22 large bottle: 44

CHINESE FIRECRACKER SAKE BOMB

A sake shot glass of Chinese firecracker and a half full frosty mug of swill beeru
5 per bomb

COCKTAILS

PICKLED GINGER BEER

Palate cleansing beer cocktail made from our homemade maple syrup (Sugar Maple Farms, CT) pickled ginger (The Land, CT).

Glass: 6 Pitcher: 12

SHINJUKU SHIMMY

Fresh hibiscus flower honey (Sugar Maple Farms, CT) beer cocktail. A staple of Japanese drag queens in kabuki theatre for centuries.

Glass: 6 Pitcher: 12

KAMA SUTRA

A refreshing and titillating combination of fresh pureed berries, sake, and cerveza.

Glass: 8 Pitcher: 18

Created to bring waves of raw desire to one's loins, this drink is responsible for the existence of over a billion Indian lovers. An aphrodisiac more powerful than Catholicism.

BONOBO JUICE

Chinese Firecracker sake, soda water, and lots of fresh limes. Created in honor of all sexually complex primates.

Glass: 8 Pitcher: 18

KOREAN HONG KEE PUNCH

Fresh watermelon sake, cerveza and a splash of chinese firecracker

Glass: 8 Pitcher: 18

Korean women are considered, pound for pound, the most beautiful women in the world, second only to Ugandan women. Each complex drink is distilled from the sweet essence of a thousand Korean beauties.

APPETIZERS

SEAWEED MISO SOUP

A savory seaweed and vegetable miso soup made with wild seaweed grown on our own hundred acre certified shellfishing farm on the Thimble Islands.
2

Some of the local varieties of kelp that we use in our soup contain more vitamin C than an orange and more protein than a red meat.

OKTOBERFLÖT

Hibiscus flower honey beer with a scoop of vanilla ice cream

Mug 6

The Zatzumbabi tribe of Eastern Africa are the happiest people on Earth during mealtime. They eat dessert at the beginning of their meal, which goes against our cultural norms. Studies show there is a direct connection between having dessert first and mealtime happiness.

SALAD DAYS

One of the most fulfilling salads you'll ever have. Most of our vegetables are expertly grown by local farmers (The Yale Sustainable Farm, The Land, Star Light Farm, Massaro Farm, Orange Farm)

Small: 4 Large: 8

SUBTIDAL SALAD

A combination of ultra tasty and nutritious hand-harvested wild and cultivated seaweed tossed with our greens grown by local farmers

Small: 5 Large: 10

ENTRÉES

TOKYO FRO

Deep fried Japanese hair, so good chef secret sauce

Small: 4 Large: 8

Hip-hop is the most popular music of Japanese youth and has made the afro Tokyo's most popular hairstyle; to have Japanese hair processed into an afro costs over a thousand dollars at a trendy hair salon. Hundreds of millions of pounds of nutritious hair are thrown out by salons and barber shops worldwide each year. We use only the freshest, most sustainable, Japanese hair, harvested by local barbers.

PEANUT BUTTER AND JELLY

Jellyfish, peanut butter, cucumber and animal welfare approved Connecticut pasture raised rabbit

7

Rabbit is one of the most eco-friendly land animals and can provide six times the meat on the same feed as a cow. Jellyfish blooms are occurring with more frequency because of the over-fishing of apex predators that eat them, such as tuna and swordfish. Though jellyfish populations are expected to explode, due to the acidification of the oceans and overfishing, very few cultures appreciate them as a food source.

THIMBLE ISLAND OYSTER ON THE HALF SHELL

Connecticut farmed Eastern blue point oyster (carefully grown by my friend and climate change advocate Brendan Smith of Thimble Island Oyster Company or by other local oysterman).

2 for 5

GRANDE DIVER CLAMS ON THE HALF SHELL

Large hardshell clams grown on our certified shellfishing grounds in Branford. Each lovely clam is hand picked out of delicious local ocean mud by our divers.

2 for 5

BLUE PLATE ESPECIAL

A ten-piece sampler of best sushi rolls.

15

Ask us about our vegetarian and kosher options.

SASHIMIOLOGY

The tastiest, healthiest and most ethically sourced seafood - expertly prepared for you by our chefs and served thinly sliced without rice.

28

THE VERY HUNGRY CATERPILLAR

An extraordinary sushi and sashimi combination plate of Miyas best recipes

28

SASHIMI SIDES

KIRIBATI SASHIMI

Mineral rich Kiribati sea salt, a dozen profoundly mouth-numbing spices, and the tastiest ethically sourced fish of the day

Small: 7 Large: 14

The island nation of Kiribati is located in the central tropic Pacific Ocean. It is one of the world's poorest countries with few natural resources. At only 8 to 12 feet above sea level, Kiribati may become the first nation to be completely engulfed by the ocean due to climate change.

SAKURA SASHIMI

Farmed tilapia raised by students of the Bridgeport Regional Vocational Aquaculture School, coarse sea salt, a squeeze of lime - infused with home grown beets to give it an earthiness and sweetness - served thinly sliced and partly frozen, inuit style.

3 slices for 7

As a kid, I became fascinated by Inuits; maybe because of my own striking resemblance to them and for our mutual love of raw fish. When I saw them in an issue of National Geographic, I always wished I could be there, too, nibbling on the little frozen fish piled next to their ice hole. Eating frozen raw fish the way Inuits do in the wintertime became the inspiration for this dish.

NINE SPICE SASHIMI

The tastiest ethically sourced fish of the day seasoned with our chinese firecracker sake sauce

small: 7 large: 14

SEAFOOD ROLLS

I had a recurring dream when I was seven years old. In it, I awoke to a flood in our apartment. Apparently, somebody had left the tub running. In the basement where the water was the deepest, I sat on my father's desk thrilled by the fish darting by. I cast a rubber worm into the corner of the room. I can never remember if I caught anything though....

DIEGO RIVIERA'S ROLL

Fava bean tempura wild salmon (U.S. wild), jalapenos, asparagus

4 pieces for 6

OO LA LA MITZVAH!

Fava bean tempura arctic char, sheep's milk feta (Beaver Brook Farm, CT), avocado and ch'i energy

4 pieces for 6

WATER PIGLET

Applewood smoked connecticut farmed invasive trout (Rowledge Pond, CT), goat milk chevre (Butterfield Farm, CT) and cranberries (MA)

3 pieces for 6

THE BEST CRUNCHY ROLL EVER

The tastiest and most ethically caught or farmed seafood of the day, crispy fava bean tempura seasoned with home grown chilis and Iranian ghormeh sabze and avocado

4 pieces for 6

SWEET NATURED KABUKI GIRL

Hard shell clams (we dive for the clams and hand select them on our hundred acre shellfishing grounds), shiitake mushrooms and heirloom grits (Anson Mills) simmered in sauvignon blanc and fresh clam juice

4 pieces for 6

ITALIAN STALLION

Calamari (U.S., Block Island, CT), Jersey cow's milk cheese (Cato Corner Farm, CT), pistachios, and orange marmalade. Inspired by Sylvester Stallone, this is our most masculine creation.

4 heroic pieces for 6

BLACK-EYED SQUID

Squid (U.S., Block Island, CT) and broccoli rolled in grains, simmered in chardonnay and seafood stock, then tossed in Catalonian squid ink. Inspired by Catalonian black paella.

4 black pieces for 6

WABISABI

A roll of kimchee seared arctic char (CAN farmed) wrapped in wild foraged pickled grape leaves.

4 pieces for 6

Wabisabi is a Japanese aesthetic ideal, one that finds beauty in imperfection and impermanence. The word is difficult to translate directly, but it has connotations of both the simplicity of living close to nature and the natural process of decay and deterioration over time; it carries overtones of mortality. Since the word describes beauty, it suggests that there is something beautiful about growing old and dying. Wabisabi can be appreciated in the autumn leaves changing color and falling to the ground, an ancient stone temple overgrown with lichen and imperceptibly crumbling, and the wrinkled face of the one you love.

This recipe is inspired by In Praise Of Shadows, a book about wabisabi and traditional Japanese aesthetics by the Japanese novelist, Tanizaki. In it, he fondly recalls a Walden Pond-like experience in which he spent a summer picking persimmon leaves and using them to make wonderfully delicious landlocked-salmon sushi rolls. Inspired by Tanizaki's experience but unable to find persimmon leaves, last summer I picked wild grape leaves instead, to make my own arctic char sushi roll.

THE GREATEST SUSHI SOUTH OF THE MASON-DIXON LINE

Baked catfish (U.S. farmed or U.S. invasive wild) and okra rolled in cheddar cheese (Cato Corner Farm, CT) heirloom grits (Anson Mills Farm, NC) simmered in sauvignon blanc

2 pieces for 6

KWANZAA BANANZAA

A coconut covered roll of fried catfish (U.S. farmed or U.S. invasive wild), sweet potato, avocado, goat milk chevre (Butterfield Farm), papaya, burdock, hot sauce (of course)

4 very soulful pieces for 6

There is no cuisine that is more American than Soul Food. There are no people who are more significant to the creation of American culture (at least the cool stuff) than African Americans. Soul Food is the result of practical and creative adaptation of African eating to the New World.

**You must be mostly African American to order this roll.*

THE LOST TRIBE OF CHIANG ROLL

One thousand year old duck egg (peat moss-preserved), figs, dates, raisins, sheep milk feta (Butterfield Farm), pomegranate cinnamon, spicy red pepper, honey, pistachio extra virgin olive oil

2 pieces for 6

The Chiang Min people of Northwest China claim to be descendants of Abraham. This is my interpretation of their version of sushi that incorporates a traditional preserved Chinese duck egg and the Seven Species of the Hebrew Bible, and was created with help from Micah Fredman. This roll was created in honor of Rabbi Jim Ponet and his incomparable wife, Elana, who are so wise they must really be Chinese.

THE LION AND THE MOUSE

Lionfish (wild, invasive, spear-caught in Mexico), mouse (wild, India - when available), in a roll of eggplant, wild foraged seaweed, and avocado

2 pieces for 7

By utilizing invasive and pestilent species, we take pressure off of overly harvested species such as Atlantic cod, Pacific salmon, and most of the popular tunas. Also, we strive to be like the Musahar, the rat-catching people of India, who rid farms of crop-destroying rodents in an ecologically healthy, pesticide-free way.

RIDE THE WILD DONKEY

Maine lobster, papaya, apricots, Jersey cow's milk cheese (Cato Corner Farm, CT), in a whole grain roll, fava bean tempura-fried

2 pieces for 7

RABBIBABA

Tempura arctic char wrapped in potato skin infused with arctic char bone stock and topped with toasted jersey cow milk cheese (Cato Corner Farm, CT) and lemon dill sauce

1 piece for 5

KANIBABA

Asian shore crab (gathered on our certified shellfishing grounds in Branford, CT) and Maine lobster, stuffed in potato skin infused with asian shore crab stock, topped with toasted Jersey cow milk cheese (Cato Corner Farm, CT) and a lemon dill sauce

1 piece for 7

Asian Shore Crabs are an invasive species of crab that migrated to North America in the ballasts of ships in the 1980's. Invasive species are a top ten ecological problem that we face today. These invasive species are a vast untapped resource for eating. Just because there isn't an existing market for these species doesn't mean they aren't edible or can't be delicious. Therefore, we have focused on creating a part of our menu that will involve the gathering and eating of invasive species.

By collecting invasive seafood on shell-fishing beds, we are basically providing a free weeding service. We strive to be like the Musahar, the rat-catching people of India, who serve as an ecologically healthy, pesticide-free way of ridding farms of crop-destroying rodents.

We hope that this will do a few things. First of all, it could potentially curb the dominance of invasive species in the ecosystem. Secondly, it would provide the seafood industry a greater supply of native seafood and reduce the stresses on those populations already fished. Finally, we hope that it would encourage greater balance in the inter-regenerative relationship between man and the oceans. If we were to have thirty Miya's in thirty different places, each one would have a slightly different menu, each reflecting the problems of its local universe.

TYGER, TYGER

Invasive African blue tilapia or catfish (U.S. farmed or U.S. invasive wild), sheep's milk feta (Beaver Brook Farm), apricots, avocado, pickled radish, homemade african berbere mix -wrapped in our freshly made ethiopian sour dough teff grain crepe

4 pieces for 6

In William Blake's poem that begins, "Tyger, Tyger, Burning Bright", he asks the question, "Why did God create the world the way he did, and not some other way?" or, "Why are things the way they are?" That inspired me to ask the question, "Why did sushi have to come from Asia?" The answer is that it didn't have to come from Asia. It also could have originated in West Africa, because at the time that sushi developed, West Africa was the only other place that had both fish and rice, the two essential components necessary for sushi to have come into being. It was exciting for me to imagine sushi evolving in Africa because there is no place more significant for the evolution of humanity. Geneticists have shown that all humans are related to one another through ancient African relatives. In a world where different people often do not get along, it is useful to remind ourselves that we are family, after all.

The fish I use for Tyger Tyger is tilapia, because it is a fish of African origin. It also manages to appear in certain significant moments of human history and story-telling that help us to understand ourselves. It is believed that when Jesus performed the miracle of feeding 5000 hungry people with five loaves of bread and two fish, tilapia may have been the fish. Also, tilapia is the oldest farm-raised fish in the world; hieroglyphics in Egyptian pyramids show tilapia farming. And finally, tilapia plays a role in the "Aquatic Ape Theory," which postulates that the high levels of protein and Omega-3 fatty acids in the tilapia found along Africa's Rift Valley helped human beings develop larger brains and make the leap from hominids to modern man.

There is a story that appears in East African folklore, the Hebrew Bible, and the Quran about the Queen of Sheba; this story was my inspiration for the recipe of Tyger, Tyger. The Queen of Sheba traveled to Israel to meet King Solomon, having heard tales of his great wisdom. She brought with her gifts of spices from her home, now widely believed to be Ethiopia. For the dish, I incorporate a dozen different Ethiopian spices that she may have given him. I also use a grass grain called teff, which is the central grain of the area, as rice was only cultivated in West Africa at the time. I make the teff into a sour dough crepe and fill it with sheep's milk cheese because when this story took place, many of the people of this region were sheep herders.

SUSHI FOR THE MASSES

One of the most significant challenges for humanity is to make high quality food available to everyone. In the U.S., the biggest challenge for the sustainable and organic food movement has been to make it affordable. Good food is expensive, but it doesn't have to be. My goal with the "Sushi for the Masses" menu is to make the highest quality food, with the highest-level care and artistry, available to all people. Our award-winning restaurant will never exclude anyone because they cannot afford to eat here.

When Marie Antoinette supposedly said, "Let them eat cake," without compassion for those who did not even have bread, a revolution over food began that took her head with it.

In the great dynasties of China, a sure sign that the emperor had lost the mandate of heaven was when famine struck his people. Invariably, that dynasty would come to a violent end.

As the wealthiest nation on Earth, we Americans are the queens and emperors of the world. It is our duty to make sure that all of our brothers and sisters are well fed.

One day, it will be one of our greatest achievements when we feed each and every human being on the planet nourishing, sustainable food.

Good food cannot be classist.

A ROLL OF A LIFETIME

Baked arctic char skin with asparagus
4 pieces for 4

In the words of Zach Appelman, Actor, Yale School of Drama 2010: "This recipe was created in honor of us actors who frequent Miya's. It is inexpensive, full of hope, ambition, and drenched in a bitter sauce of insecurity and disappointment." Baked arctic char skin is delicately infused with lots of love to counteract those flavors of occasional insecurity and disappointment.

CATFISH BLUES

Baked catfish (U.S. farmed or U.S. invasive wild), asparagus, cured chinese black beans, apricots, and scallions
4 pieces for 4

KRAKEN

Grilled squid with hot Korean peppers (Block Island, RI)
4 pieces for 4

BAD TEMPERED GEISHA BOY

New Zealand farmed green mussels (for men who like big mussels)
4 mouthfuls for 4

*Ask us about our catch of the day using bycatch, trash fish, and invasive species that are unpopular as food but are delicious and nutritious – such as bunker, sea robin, dogfish, silver carp, bluefish, African blue tilapia, Maryland invasive blue catfish, Chesapeake Bay cownose ray, and snakehead fish. (When available)

let them eat VEGETABLE ROLLS

I created my plant-based sushi menu to take pressure off of the oceans and reduce the need for large-scale animal farming. I also created it because the plant based diet is the healthiest one for humans and for the planet as a whole.

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution of a vegetarian diet.

– Albert Einstein

Until he extends the circle of his compassion to all living things, man will not himself find peace.

– Albert Schweitzer

KISS THE SMILING PIGGIE

Sweet potato, mango chutney, pine nuts

4 pieces for 6

CHARLIE CHAN'S CHING CHONG ROLL

Fava bean tempura broccoli, roasted garlic, and black beans

4 pieces for 6

Like having a Chinese disco party in your mouth!

KILLER SQUID

Fava bean tempura udon noodles flavored in shiitake mushroom stock, hot peppers, black beans, and scallions

4 pieces for 6

Tastes and feels like deep-fried squid!

FOO MAN CHOO

Asparagus, roasted garlic, and black beans

4 pieces for 6

BROCCOLI BACK MOUNTAIN

Seasoned, massaged raw broccoli. The long stem of broccoli rabe penetrates the firm load of avocado

4 throbbing pieces for 6

VOOMPA

Spicy crunchy eggplant, goat's milk chevre (Butterfield Farm, CT), and scallions

4 pieces for 6

HOWE STREET BLOCK PARTY

Falafel, avocado, and asparagus, topped with roasted eggplant and wilted greens and drizzled with champagne tahini

4 pieces for 6

This recipe, invented in collaboration with my life long friends across the street at Mamoun's Falafel Restaurant, was created to celebrate the spirit of friendship

PASSION WITHOUT WORDS

Mushrooms, asparagus, and a fabulously stinky cheese (Cato Corner Farm CT), fava bean tempura-fried whole

4 pieces for 6

MANDALA MAKI

Broccoli, asparagus, mushroom, avocado, spinach, japanese basil, pickled plum, pickled radish, and burdock. Wrapped in daikon radish

4 pieces for 6

HOT-HEADED COWGIRL

A coconut-covered roll of cucumber, avocado, goat milk chevre (Butterfield Farm, CT), papaya, burdock, and hot peppers

4 pieces for 6

WARM GRAPES FALLING ON A HAPPY HEAD

A grape leaf wrapped roll of eggplant, avocado, pickled radish, scallions, and hot pepper. Drizzled with olive oil

4 pieces for 6

JAPAFRICAN QUEEN

Eggplant, sheep's milk feta (Beaver Brook Farm, CT), apricots, avocado, pickled radish, scallions, and Ethiopian berbere spice mix, wrapped in our freshly made Ethiopian teff grain crepe
4 pieces for 6

CHINESE PYGMY RODEO

Cauliflower and scallions wrapped in potato, topped with toasted jersey cow milk cheese (Cato Corner Farm, CT) and lemon dill aioli sauce
2 luscious pieces for 6

THE ROLL OF MILK AND HONEY

Figs, dates, raisins, sheep's milk cheese (Beaver Brook Farm, CT), roasted barley, pomegranate, cinnamon, spicy red pepper, honey, pistachio, extra virgin olive oil, falafel
2 pieces for 6

Many rabbis throughout history have advocated vegetarianism, citing health, environmental reasons, and the Torah's many commandments on the humane treatment of animals. This roll utilizes the Seven Species of the Hebrew Bible and broccoli, beloved by Jews everywhere.

CAN'T KELP MYSELF

Wild and cultivated seaweed from our ocean farm, simmered in shitake mushroom broth, pickled wild burdock root, and cucumber
4 pieces for 6

Seaweed is among the healthiest foods because ocean water contains many more nutrients than most soils. According to my friend Dr. Charles Yarish, the foremost expert of seaweed cultivation in the world, some types of seaweed in the Long Island Sound have more vitamin C than an orange and more protein than a steak. Seaweed farming is one of the greenest forms of farming. No pesticides, herbicides or fresh water (in a world where fresh water is a diminishing resource) is needed to grow it. This recipe was created in honor of Dr. Charles Yarish, who was indispensable in the process of creating me and Brendan Smith's seaweed farm.

SUSHI FOR THE MASSES: The Veggie Edition

All of the following rolls are made from unsweetened whole grains. All of the vegetables are prepared in a healthy way; they are raw, steamed, blanched, or baked. We do our best to use local non-GMO vegetables that are reasonably pesticide and herbicide free.

SWEET POTATO ROLL

8 pieces for 4

SPICY BROCCOLI ROLL

8 pieces for 4

CURRY CAULIFLOWER ROLL

8 pieces for 4

CURRY OKRA ROLL

8 pieces for 4

SPICY ASPARAGUS ROLL

8 pieces for 4

SPICY EGGPLANT ROLL

8 pieces for 4

SPICY MUSHROOM ROLL

8 pieces for 4

DESSERT

SEVEN DEADLY SUSHI

A sinfully delicious roll of:

Banana, peanut butter, strawberries, chocolate, homemade hand pounded mochi - deep fried and topped with baby scoops of hand-churned homemade rose petal ice cream . Eaten in one bite using your fingers.

1 bite sized piece for 5