

SERVES 4

(8 Onigiri)

-INGREDIENTS-

*800g freshly cooked

Japanese rice

*2 tbsp soy sauce

*1 tbsp Miri

*1 tbsp vegetable oil

*2 Nori sheets

*A bowl of water

Yaki Onigiri (Grilled Rice Ball)



-METHOD-

1. Take 800g of cooked rice in a mixing bowl and cool it down so that you can touch. Wet your hands in a bowl of water, which will prevent the rice from sticking. Take 100g of rice in one hand and gently and quickly form it into round. (Once you get used to making Onigiri, you won't need this process)

3. With one hand placed under the rice and the other capping over the rice, gently press and mould it into a triangle. Rotate it and press again. Repeat this for a few times until the rice becomes a triangle.

4. Heat the oil in a non-stick and place the plain rice balls. Cook them for 3 minutes. Meanwhile, combine the soy sauce and Mirin. Turn over the rice balls and brush on the sauce. Cook for 3 minutes and turn them over again. Brush on the sauce and cook for 2 to 3 minutes. Turn them over for the third time and cook until slightly charred.

<Tips>

*Use your left hand to control the thickness of Onigiri—the distance between the fingers and lower palm is the thickness of your Onigiri.

*Form your right hand into a roof shape and control the shape of Onigiri.

*Press the rice gently but slightly firmly to hold the grains together.

<Cooking tools>

1 large mixing bowl

1 large plate

1 non-stock pan

1 rice spatula

1 tablespoon

1 cooking brush

a pair of cooking scissors

1 small bowl