

# How to Make ONIGIRI (Rice Balls)



ONIGIRI RECIPE

## What is Onigiri?

**Onigiri is a traditional Japanese comfort food!**

It is made with Japanese short grain rice that is rinsed, soaked and steamed and then formed into triangular, round or cylindrical shapes.

It often contains some kind of filling, and is usually wrapped with nori--roasted seaweed.

**Making onigiri is fun and easy!**



## How to Make Onigiri

Simple steps for making onigiri!



**1** Let cooked rice cool in a small bowl!



**2** Sprinkle a little salt on the plastic wrap!



**3** Mold the rice into a triangle or ball!



**4** Wrap the seaweed around the rice or decorate as you like!

**Watch "How To Make Onigiri" Video!**

<http://bit.ly/OnigiriVideo>

# How to Make ONIGIRI (Rice Balls)



## ONIGIRI RECIPE

### Ingredients

- Steamed Rice
- Fillings of your choice: Tuna with mayonnaise, Salmon, Umeboshi (Pickled plum), Cooked chicken, etc.
- Salt for your hands
- Nori (roasted seaweed) strips



Umeboshi



Kombu



Edamame



Tuna

1. Cook rice (see next page). Put half a cup of steamed rice in a small bowl. Let it to cool until it is not too hot to handle.
2. Dampen one hand with a little water, or cut out about a 25 cm square (about 10-inches) sheet of plastic wrap. Sprinkle a little salt onto your palm or on the plastic wrap.
3. Place the rice onto your damp hand or the plastic wrap. Slightly spread the rice. Put the filling in the center of the rice. If using plastic wrap, bring the ends up and twist the wrap around the rice. Lightly compress the rice and shape into a triangle, a ball or a cylinder.
4. Wrap the the seaweed around the rice. If you used plastic wrap, unwrap and then put on the seaweed, or decorate as you like.





## How to Make Stove-top Japanese Rice

Simple steps for cooking rice!



1. Measure



2. Swish



3. Drain



4. Soak



5. Cook



6. Steam

### Ingredients

- 2 cups (400g) short or medium grain (sushi rice) white rice
- Water for soaking the rice
- 2 cups plus 2 tablespoons (about 500ml) water



1. Put the rice into a large mixing bowl and set in the sink.
2. Run cold water into the bowl and with your hand, gently swish the rice, and then carefully drain the water into the sink.
3. Repeat this about 3 times more until the water runs clear.
4. Fill the bowl of rice with water to cover - about 3 cups. Set aside for 20 minutes; the rice will become white and plump. Pour the rice through a wire mesh sieve and set it aside for 10 minutes.
5. In a medium saucepan with a lid, combine the rice and remaining water. Set the cover askew. Cook the rice on medium heat until it comes to a boil, about 5 minutes. Turn the heat down, set the lid on the pot and reduce heat to low. Simmer for 10 minutes or until the rice is tender (total cooking time is 20 minutes).
6. Turn the heat off and let the rice steam for 10 minutes more.