

Onigiri

Japanese Rice Balls

SERVES:

INGREDIENTS:

PER ONIGIRI RICE BALL:

- 65g cooked Japanese rice
- ¼ sheet nori seaweed
- Rice sprinkles (optional)
- Sesame seeds (optional)

Possible Fillings:

- Cooked chicken
- Cooked salmon
- Tuna mayo
- Pickled plums
- Tsukemono Japanese pickles



METHOD:

1. Begin by cooking the Japanese rice according to your favourite method.
2. With wet hands, mould the rice into small balls or triangles approximately 8cm wide
3. Create a small well in the centre of the rice and put in your choice of filling. Then mould the rice with your hands around the well to cover your filling completely.
4. Using a sheet of nori seaweed, wrap up your ball of rice OR
5. Sprinkle some sesame seeds or decorate with cut up nori. Arrange onigiri to look appetising.