

Onigiri



Ingredients



(Makes 4-6 balls)

Japanese rice 2 rice cups

Water as indicated by rice cooker

Salt

Seaweed

*Equipment

Rice Cooker

Method



1. Put the rice in a large bowl. Rinse the rice and discard the water immediately. Rice absorbs water very quickly when you start washing, so don't let the rice absorb the unclear water. Repeat this process 1-2 times.
2. Use your fingers to gently wash the rice in a circular motion.
3. Rinse and discard the water. Repeat this process 3-4 times, or until the water runs clear.
4. Place the rice into the rice cooker and add clean water to the measuring line "2", then turn the cooker on.
5. Let the cooked rice cool a little bit so that you can hold the rice without burning your hands. However, do not let the rice completely cool down. Wet both of your hands with water in order to keep the rice from sticking to your hands.
6. Put some salt on your hands and rub to spread all around. Scoop out a handful of warm rice (about ½ cup) into one hand.
7. Use your hands to mold and press the rice gently into a triangle. Form the bottom with your left hand and the top corner with your right hand. Use three fingers (thumb, index finger, middle finger) to make a nice triangle shape. Pressing the triangle into the palm of your left hand, squeeze each corner of the triangle with your right hand. Your hands should be just firm enough so the onigiri doesn't fall apart. You don't want to squeeze the rice too tight.
8. While you squeeze onigiri firmly with both hands, your left hand has to press onigiri in order to keep a nice form. The left photo shows before squeezing and right photo shows after.
9. Before you serve, wrap the onigiri with nori (seaweed).