

Making Onigiri Riceballs

Overview:

Onigiri are traditional Japanese rice balls. They are usually shaped into triangles, wrapped in crispy seaweed, and filled with delicious ingredients like salmon or tuna. They are the perfect portable snack in Japan!

What we make

- Triangle Shape Onigiri riceball

Tools:

- Plastic Wrap
- chopsticks or spoon
- a plate or a bowl

Ingredients (MUST)

- cooked rice ***Please cook rice before the class.**
- salt

Ingredients (Optional) ***Prepare your preferred fillings.**

- Nori seaweed sheet
- Canned tuna, Mayonnaise (For Tuna-Mayo riceball)
- Furikake seasoning powder (For Furikake riceball)
- Edamame (For Edamame riceball)

Help for shopping

Do you know which rice you should buy? Here are my recommendations:

- Rice (Can buy A&A in Fargo)



* Instant cooked rice (Via Amazon)



How to cook rice

In Japan, rice is measured in a unit called *go* (合).

- Amount of Raw Rice: **3 go ≈ 540ml (approx. 2 ¼ U.S. cups)**.
- Amount of Water: **600ml (approx. 2 ½ U.S. cups)**.
 - *Rule of thumb*: The water volume should be about **1.1 to 1.2 times** the volume of the rice.
- **Yield**: This makes about **1kg (2.2 lbs)** of cooked rice.
- **Servings**: This serves **4 to 6 people**, depending on how hungry everyone is!

Step 1: Prep (The Most Important Part)

1. **Rinse**: Put the rice in a bowl and swirl it with cold water. Drain immediately. Repeat 2–3 times until the water is mostly clear (it doesn't need to be perfect).
2. **Soak**: This is the "pro" secret. **Let the rice sit in the measured water for 30 minutes before cooking**. This ensures the heat reaches the center of every grain, making it fluffy rather than crunchy.

Option A: The Rice Cooker Method

Easy and foolproof.

1. Add the rinsed rice to the inner pot.
2. Add water to the **"3" line** on the scale inside the pot.
 - *Note: If your cooker doesn't have a scale, use the 600ml of water mentioned above.*
3. Close the lid and hit **Start**.
4. Once it beeps, **let it "steam" for 10 minutes (don't open the lid yet!)**.
5. **Fluff**: Use a spatula (shamoji) to gently fold the rice from the bottom to release excess moisture.

Option B: The Stovetop Method

Perfect if you don't have a rice cooker. Use a heavy-bottomed pot with a tight lid.

1. **Boil**: Place the soaked rice and 600ml of water in the pot. Bring to a boil over **medium-high heat**.
2. **Simmer**: Once boiling, turn the heat down to **low**. Cover with a tight lid and cook for **12–15 minutes**. **Do NOT peek! You need that steam trapped inside.**
3. **The Final Blast**: Turn the heat to high for exactly 10 seconds at the very end to burn off any remaining moisture at the bottom.

4. **Rest:** Turn off the heat and let the pot sit (lid on!) for **10–15 minutes**.
5. **Fluff:** Open, fold the rice gently, and enjoy.

Pro-Tips for Success

- **Use Cold Water:** Starting with cold water results in a sweeter, better texture.
- **Don't over-wash:** Modern rice is quite clean; if you wash it too much, you'll lose the aroma.
- **The "Knuckle" Trick:** If you lose your measuring cup, the water level should be about one "knuckle" deep (up to the first joint of your index finger) above the leveled rice.

Step 2: Scoop rice onto the plastic wrap

Step 3: Put your favorite ingredients in the center of the rice.

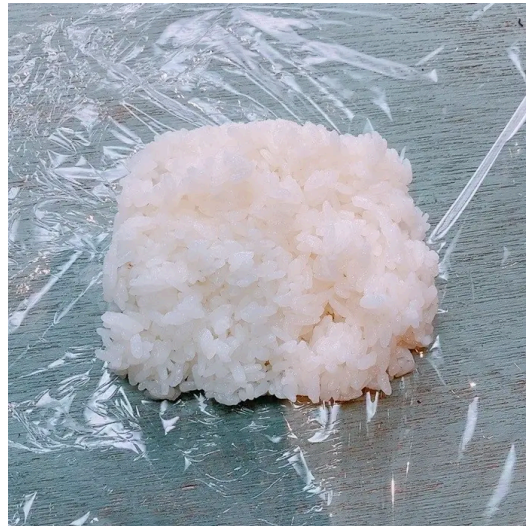
Step 4: Make a shape covering the ingredients.

Step 5: Wrap with a Nori seaweed sheet. (Optional)

① Get a plate and plastic wrap.



② Scoop rice on the wrap.



③ Season the rice (optional)

※ Mix rice and seasoning



- ④ Choose your favorite ingredients and put them in the middle of the rice.



- ⑤ Make a shape.
⑥ Cover with seaweed sheet.

