

Onigiri お握り

(MAKES ABOUT 8-12 JAPANESE RICE BALLS)

ADAPTED FROM JUST ONE COOKBOOK, NAMIKO CHEN



INGREDIENTS:

- 4 cups cooked sushi or short-grain white rice (can be day-old rice)
- Salt
- 1/2 recipe of sautéed greens (from the Greens over Grains recipe), minced in small pieces
- Recipe of tuna mayo (below)
- Umeboshi, or pickled plum (preparation below)
- Nori, dried seaweed sheets, cut into thirds
- Furikake, dried seaweed flakes and sesame seeds

DIRECTIONS:

1. Prepare all fillings and rice.
2. Get your hands wet and sprinkle salt on them. Measure a 1/3 cup of rice onto one hand. Flatten and create a small well in the center.
3. Put 1-2 tsp of your choice of filling inside. Note if using sauteed greens, wring out sauce first (otherwise your rice will not stick). Then gently press the rice with your hands around the filling to cover it completely, like making a snowball.
4. Wrap the onigiri with a piece of Nori (if using) right before eating. You can also sprinkle with Furikake and dip it into leftover sauce. Eat the Onigiri fresh or within 6 hours.

TUNA MAYO FILLING

INGREDIENTS:

- 2 T mayonnaise
- 1/2 T soy sauce
- 1, 5oz can tuna (preferably packed in olive oil)

DIRECTIONS:

1. Open and drain oil from tuna can. Put tuna in bowl.
2. Add mayo and soy sauce. Mix and set aside

UMEBOSHI FILLING

Option to also buy Umeboshi in a pre-made paste

INGREDIENTS:

- 3 Japanese pickled plums
- Plastic wrap

DIRECTIONS:

1. Fold plums into 10" sheet of plastic wrap. Squeeze the seeds out.
2. Put the umeboshi flesh on a small plate as a filling.