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Onigiri

Introduction

Onigiri, or Japanese rice balls, offer a delightful blend of flavors and textures that are both satisfying and portable. Traditionally shaped by hand, onigiri can be filled with a variety of ingredients, making them a versatile choice for lunch or a snack. Whether you're a fan of savory fillings or prefer a simple, minimalist approach, this recipe will guide you in creating your own delicious onigiri.

Detailed Ingredients with measures

- Short-grain sushi rice: 2 cups
- Water: 2 ½ cups
- Salt: 1 teaspoon
- Rice vinegar: 2 tablespoons
- Sugar: 1 tablespoon
- Fillings (choose one or more):
- Shredded nori: for wrapping
- Umeboshi (pickled plum): 2-3 pieces
- Canned tuna mixed with mayonnaise: 1 can
- Cooked salmon: 1 fillet
- Soy sauce: for drizzling (optional)

Prep Time

30 minutes

Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 50 minutes

Yield: 8-10 onigiri



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Detailed Directions and Instructions

Step 1: Rinse and Cook Rice

Rinse 2 cups of sushi rice under cold water until the water runs clear. This removes excess starch. In a rice cooker or pot, combine the rinsed rice with 2 ½ cups of water. Cook according to the rice cooker instructions or bring to a boil on the stove, then cover and simmer for 20 minutes. After cooking, let it sit for 10 minutes without removing the lid.

Step 2: Season the Rice

Transfer the cooked rice to a large bowl. While the rice is still warm, mix in a dressing made from 2 tablespoons of rice vinegar, 1 tablespoon of sugar, and ½ teaspoon of salt, stirring gently to avoid mashing the grains.

Step 3: Prepare Fillings

Choose and prepare your desired fillings. Popular options include pickled plum (umeboshi), grilled salmon, or teriyaki chicken. Make sure fillings are chopped into small pieces or slightly mashed to fit easily inside the rice.

Step 4: Shape the Onigiri

Wet your hands with water to prevent sticking. Take a scoop of rice (about ½ cup) and flatten it slightly in your palm. Place a tablespoon of your filling in the center, then fold the rice over it. Gently mold the rice into a triangular or round shape, ensuring the filling is enclosed.

Step 5: Wrap and Serve

If desired, you can wrap your shaped onigiri with a strip of nori (seaweed) for added flavor and presentation. Serve immediately, or wrap in plastic wrap and store in the refrigerator for later.

Notes

Rice Type

It is essential to use sushi rice for the right texture and sticky quality.

Vinegar Mixture Adjustment

Feel free to adjust the amount of vinegar, sugar, and salt to suit your taste preferences.

Storage Advice

Onigiri can be stored in the fridge for up to 2 days. However, the texture may change, so they are best eaten fresh.

Serving Suggestions

Onigiri can be paired with pickled vegetables or miso soup for a complete meal.

Creative Fillings

Experiment with different fillings such as seasoned vegetables, tofu, or other proteins to suit your dietary needs and flavor preferences.



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Cook techniques

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