

# CRUNCH TIME

## Onigiri



**Serve information: 1 Plate Of Onigiri**

### INGREDIENTS:

540g Short-grain rice,  
cooked and still warm  
3 shallots  
1 Tbsp miso white paste  
1/2 tsp sesame oil  
95g Canned flaked tuna, drained  
3 Tsp mayonnaise  
Bowl of warm water  
1 Tsp salt  
1 Nori seaweed sheet  
1 Tsp sesame seeds  
(black sesame seeds, if possible)

### EQUIPMENT:

Chopping board  
Sharp knife  
Small mixing bowl  
Spoon  
3 teaspoons  
Scissors  
Plate

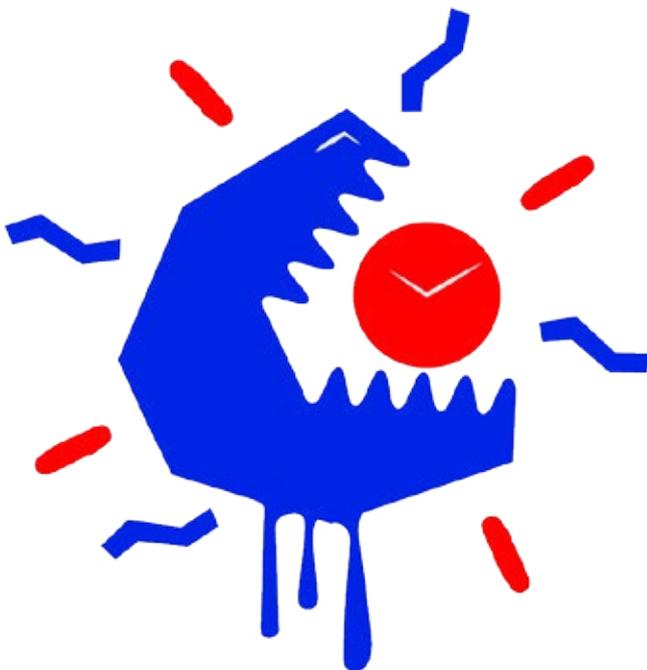


## METHOD:

1. To make the Onigiri, finely chop the shallots
2. Combine shallots, miso, oil, tuna and mayonnaise in a bowl
3. Salt the water
4. With wet hands, take a portion of rice and shape into a ball
5. Make a dent in the middle of the rice with your hand. Put in about 1 teaspoon of filling in the dent.  
Wrap the rice around the filling and form into a ball
6. To make the traditional triangular shape, cup your hand sharply to form each corner, and keep turning it until you are happy with the shape
7. Continue with rice and filling, wetting your hands in the salted water. Make a circle Onigiri.
8. Then make a cylinder Onigiri with remaining rice and filling
9. Use scissors to cut the nori seaweed sheet
10. Wrap an Onigiri completely in seaweed sheet
11. Wrap an Onigiri around the edges with seaweed sheet
12. Cut the seaweed sheet to make a smiley face Ninja or panda bear on the Onigiri
13. Dip an Onigiri in sesame seeds to decorate. Place all the wrapped and adorned Onigiri on a plate

## ADDITIONAL NOTES:

Cook rice and keep warm



crunch-time.tv