



# Onigiri – Rice Balls

Onigiri means hold able rice and is a simple Japanese snack. There are a number of different types of Onigiri and you can add various types of fillings or just have the snack plain.

## Ingredients

Japanese style Rice, Fillings such as Tuna and Mayo, Beef and Broccoli  
Water Seaweed



## Instructions

1. Cook to the rice as the instructions on the packet, you may wish to add the rice to the water 20 minutes before cooking to make the rice sticky.



2. Let the rice cool for a few minutes and prepare your filling.





3. Wet your hands with salty water, and scoop up a ball of rice. Make a ball with the wet rice and place a deep crater in the rice.



4. Insert your fillings into the hole, but don't overfill. Just enough to add a small filling, fold over the rice so that the filling is contained within.



5. Wrap a strip of seaweed around the rice ball. Eat and enjoy! You could add vinegar for extra flavour.





# Okonomiyaki Pancakes

The name Okonomiyaki started in the late 30's in Osaka. In Hiroshima at this time a similar crepe-like food was popular - it was topped with onions, folded over, and served to children as a snack item. Okonomiyaki, in its different variations, started to become more popular during the war when rice became scarce and residents had to be creative in using other more readily available ingredients. The simple wheat pancake fits the bill and during and after the war, people started to add more ingredients such as eggs, pork, and cabbage.



## Ingredients

Pancake: 2 x Eggs, 1 teaspoon of flour, 2 ½ tablespoons of cornstarch, 1/3 tablespoon of water, cabbage, potatoes, thinly sliced meat, 1/3 tablespoon of mayonnaise.

Sauce: 2 tablespoons of tomato sauce, 1 teaspoon of soya sauce, 1 tablespoon Worcestershire sauce





1. Finely chop the cabbage, cut the potatoes and meat into thin strips.



2. To make the batter, mix together the eggs, milk, and cornstarch. Add all the ingredients except the potatoes to the batter and mix gently.



4. In a griddle (or frying pan) heated to 180 degrees Celsius, stir-fry the sliced potatoes, then remove and add to the batter.





5. Gently mix the batter. Spread oil over the griddle, wipe off the excess oil, and pour the batter on the griddle. . Add the meat over the batter and cook thoroughly for about 5 minutes.



6. Turnover and cook the other side thoroughly as well. Serve with the sauce

