



Hay Day Kitchen

Rice Balls

We're making Umeboshi Onigiri! In Hay Day, we call them Rice Balls! This Japanese snack is perfect as a quick bite while you're on the go.

We've prepared an easy recipe and a a video, so you can follow along step-by-step.

Go ahead, give it a try!

And, make sure to share your Rice Balls using the hashtag #haydaykitchen !



 YouTube

<https://youtu.be/hShI5G09iOE>

Ingredients:

1 Cup Water

2 Tbsp Sugar

¾ Cup Sushi rice

½ Tsp Salt

4 Tbsp Rice vinegar

1 to 2 Nori sheets (Dried seaweed sheets)

8-9 Umeboshi (Japanese pickled plums)

4 Tbsp Black sesame seeds



4 Tbsp White sesame seeds

Prep time: 1.5 Hours

Servings: 6 Rice balls

Equipment: Cutting board, knife, measuring cups and spoons, sieve, stove, pot, frying pan, scissors, hand fan, bowls, tray

Method:

- Begin by preparing the rice.
- Place sushi rice in a sieve and rinse with cold running water.
- Rinse until the water runs clear.
- Feel free to cook the rice in a pot or in a rice cooker.
- Pour the rice in a pot and add water. Let the rice soak for 20 minutes.
- Place the pot on a stove, and bring the rice to a boil over medium heat. Turn the heat low, cover the pot with a lid and continue cooking for 15 minutes.
- Don't mix the rice or remove the lid while cooking it.
- Remove from heat and let it sit, covered, for 10-15 minutes more.

- In a small bowl, mix your rice vinegar, salt and sugar.
- Spread the cooked rice in a large bowl or tray and season with vinegar mixture.
- Mix the rice carefully with a wooden spoon and use a hand fan to cool it faster.
- When it reaches room temperature, the rice is ready!
- Divide rice into two bowls and set aside.

- Now that the rice is ready, start working on toasting and roasting!
- On a hot dry frying pan, toast the nori sheets. Use tongs to hold them in the heat for 5 seconds on each side, and set them aside.
- Cut nori sheets into long strips. You should be able to yield 6 strips from one nori sheet. Cut strips shorter if needed. Set aside.
- With the dry frying pan, roast the sesame seeds for a quick 30 seconds.
- Place the black roasted sesame seeds in a bowl and the white roasted sesame seeds in another, and set aside.



- Take two umeboshi plums onto your cutting board, remove the seeds and mince with a knife.
- Take one of your rice bowls and add in the chopped pickled plums.
- Add 3 tsp of the white roasted sesame seeds and mix. And place the rice mixture in front of you. Take the nori sheet strips, roasted sesame seeds, the second rice bowl, a small bowl of water, and also place in front of you.
- Now, you can assemble the Rice Balls in two ways

1. Rice balls with umeboshi plum-rice:

- Wet your hands with water.
- Place plum and sesame seed seasoned rice in your hand.
- Form rice into a triangle between your palms.
- Wrap one nori strip on the bottom of rice ball .
- Decorate with piece of umeboshi plum on the top.

2. Rice balls with umeboshi plum filling:

- Wet your hands with water.
- Place plain steamed rice in your hand.
- Put one piece of umeboshi plum in the middle.
- Form rice into a triangle between your palms, securing filling in the middle.
- Wrap one nori strip on the bottom of rice ball .
- Decorate with black roasted sesame seeds.



Best enjoyed as a snack on the go, or on a special occasion!

How did your Rice Balls turn out?

We'd love to see! Post it on social media, using the hashtag #haydaykitchen

Or, submit a photo to our Fan Art Uploader!