

RECIPE OF THE WEEK

RICE BALLS



Ingredients

- 1 ¼ cup of Japanese short-grain rice
- 55g smoked salmon, chopped
- 2 tbsp pickled ginger finely chopped
- 2 spring onions, finely chopped
- 2 teaspoons black sesame seeds, toasted

Create this with an adaption: finely chopped satay beef/chicken

Method

1. Wash the rice under cold running water until the water runs clear, then drain. Drain for an hour
2. Put the rice in the saucepan with 1 1/3 cups water and bring to the boil.
3. Reduce the heat to very low, cover and cook for 15 minutes
4. Remove the pan from the heat and stand, covered for 20 minutes
5. Combine the salmon, ginger, and spring onion in a small bowl
6. Using wet hands, form a small handful of rice into a ball and push 2 teaspoons of the smoked salmon mixture in the centre of the rice and remould the ball. Keep your hands wet to prevent the rice from becoming sticky
7. Sprinkle with sesame seeds.

