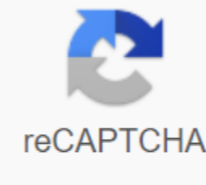




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## Japanese cooking 101 mochi

Mochi is a Japanese rice cake traditionally made from painstakingly pounding steamed rice in a smooth and sticky paste, then cut or molded into desired sizes or shapes and is used in savory and sweet dishes. Mochi's history dates back to the Heian era. As matchbox-sized mochi equals eating bowlful rice, it has become popular among samurai warriors as they need portable food that can keep them satisfied for longer periods of time. In Japan, mochi is used in religious rituals and is regarded as the food of the gods. It is also known as a symbol of good luck and happy marriages. All over the world, ice cream filled with sweet mochi is becoming a trendy dessert. With this recipe, you can easily make basic sweet mochi at home. Thanks to flour or sweet rice flour, you no longer need to painstakingly pound a couple of rice. All you have to do is mix the mochiko with the water, steam it, cook it with sugar, and you have a sweet mochi that you can eat on your own, use as toppings for desserts or fill with any of your favorite ice creams. **Ingredients:** This recipe takes about 40 to 45 minutes to make. Serves about 2 cups of sweet mochi. **1 cup sweet rice flour (mochiko) - 3/4 cup water, 2 cups sugar and 1 cup cornstarch** **Instructions:** In a heatproof bowl, mix sweet rice flour and water well with a wooden spoon. Put the bowl in a prepared steamer. Steam a mixture of sweet rice flour over medium heat for 20 minutes. Transfer the steamed mochi to the pan, then add 2/3 cup of sugar. Cook over medium to medium heat, stirring constantly until the sugar has dissolved. Add another 2/3 cup of sugar, then stir constantly until the sugar has dissolved. Finally, add the remaining sugar and stir continuously until the sugar has dissolved and you get a smooth and sticky texture. Turn off the heat. Spread cornstarch on a baking sheet. Pour the sweet mochi onto the cornstarch. Make sure you dust your hands with cornstarch before you work on the sweet mochi as it will be very sticky. **Ideas and tips:** When making a rice cake, wrap the lid clean with a kitchen cloth. This will prevent the water from dripping into the rice cake. If you want to make a fragrant sweet mochi. You can replace water with green tea, coconut water, coconut milk or fruit juice or add cocoa powder, match powder, taro powder or any fruit powder. You can fill sweet mochi with sweet bean paste, fruit jams or creams, chopped nuts or ice cream. You can also cover sweet mochi with cocoa powder, toasted sesame seeds, crushed or dried coconut or ground nut. You can store sweet mochi in the freezer for up to 2 weeks in a sealed container. Mochi Be very sticky and chewy, you should make sure you chew it well before swallowing to avoid choking. **Images - Daifuku Mochi rice cake with c sweet red bean paste, inside. Daifuku Mochi** is one of the most traditional but very popular Japanese sweets. It was first made almost 700 years ago, but not as a sweet dessert. Then sugar was rare, but Daifuku became more similar to today, when sugar was more affordable to people (although it was still very valuable) 200 years ago. Today you can buy Daifuku Mochi everywhere in Japan, from Japanese sweet shops to shops. People like us living outside Japan may not have that kind of access to this delicious dessert, however, once again, we can do it at home! Homemade Daifuku is so bland and delicious, and surprisingly easy to do if you follow the steps. Once you try it, you may not want store-bought ones any more anyway. Mochi is a Japanese sticky rice cake used in both salty and sweet dishes. Mochi is usually made from sweet rice (also called Mochi rice) cooked and pounded until it becomes a paste that is very sticky and smooth. The pasta is then formed into cakes or blocks. Although Mochi rice is called sweet rice, it is not sweet at all, but it is super sticky. Mochi is often eaten in the new Ozoni soup or baked with soy sauce. Mochi of cooked sweet rice does not stay fresh and soft for too long, and usually need to be cooked to be able to be eaten again. And that's the reason why here we made Sweet Mochi using Mochiko (sweet rice flour) and sugar. It is much more flexible and soft for a long time, but the taste is not compromised. It is very important to use Mochiko, the sweet rice flour, in this recipe to make the chewy texture of mochi we are looking for. Ordinary rice flour won't do the job. Mochiko is basically powdered sweet rice. He becomes Mochi, adding water and steam. Because it's powder, it's easier to have Mochiko in the pantry for longer, and it's much easier to use it to make mochi than to knock a couple of sweet rice. Mochiko is often available in conventional supermarkets in the US (Mochiko can also be used as a thickening agent), Japanese markets, of course, as well as online stores. Anko can be bought in Japanese supermarkets if they are near you, however, we have a great recipe for it. Make it forward to cool down completely. If you love Mochi's sweets, you'll love it. It's delicious as well as fun to make! **Ingredients**1 cup Mochiko (sweet rice flour) (160g) 3/4 cup water (180 ml) 3/4 cup sugar (150g) Katakuriko (potato starch) or corn starch Anko (hall recipe) **instructions**Mix Mochiko and water in a glass (or other heat proof) bowl and mix well. Add a little more water if it is too dry, 1 tablespoon at a time. Steamed Mochiko dough (leaving the dough in a bowl) in a steamer for 20 minutes. Move Steam the mochi in a saucepan and cook over medium to medium low heat with 1/3 sugar (1/4 cup). When the sugar is completely dissolved, add another 1/3 of the sugar sugar stir well. Add the last part of the sugar and cook a few more until the sugar dissolves. Take the time to melt the sugar, but be careful not to burn it. Take the hot mochi out of the pan on a leaf pan liberally dusted with Katakuriko or cornstarch. Cut some mochi, and wrap Mochi around an Anko ball (the size of a heap of tablespoons). Pinch the end of Mochi to seal. Serve it with seam side down. © 2012 - Japanese Cooking 101. All rights are reserved. Noriko and Yuko, the authors of this site, are both from Japan but currently live in California. They love to cook and eat great food, and share a similar passion for home cooking using fresh ingredients. Noriko and Yuko plan and develop recipes together for Japanese cooking 101. They cook and shoot photos/videos on their home kitchen (s) Mochi Japanese sticky rice cake used in both savory and sweet dishes. Mochi is usually made from sweet rice (also called Mochi rice) cooked and pounded until it becomes a paste that is very sticky and smooth and then formed into cakes or blocks. It is often eaten in Christmas soups Ozoni or baked with soy sauce. Mochi of cooked sweet rice does not stay fresh and soft for too long, and usually need to be cooked to be able to be eaten again. However, here we made Sweet Mochi using Mochiko (sweet rice flour) and lots of sugar, and it's malleable for a long time to be able to shape it the way you want for desserts. We used Mochiko, which is basically powdered sweet rice. He becomes Mochi, adding water and steam. Because it's powder, it's easier to have Mochiko in the pantry for longer, and it's much easier to use to make mochi than rice. Mochi from Mohiko may seem softer than traditional Mochi, but it remains soft on adding sugar. It has a lot of sugar, and it's pretty sweet. You can cut a portion of the sugar if you eat it right away, however, the texture and shelf life may suffer a bit. With this sweet mochi, you can make many varieties of Japanese sweets. You can wrap a ball of Anko (sweet red bean paste) with Mochi and make it in Daifuku Mochi, put the ice cream inside to make mochi ice cream, or just like covered with some Kinako (soy bean powder). The ingredients are simple enough. Mochiko is often available in conventional supermarkets in the U.S. (Mochiko can be used as a thickening agent). Steps make it easy too. Just take care of the dissolved sugar. We offer to add sugar in parts and completely dissolve and evenly. It's easier and tastier than you think to make Japanese sweet mochi at home, so Give it a shot! **Ingredients**InstructionsMix Mochiko and water in a glass (or other heat proof) bowl and mix well. Add a little more water if it is too dry, 1 tablespoon at a time. Steamed Mochiko dough (leaving the dough in a bowl) in a steamer for 20 20 Transfer steamed mochi to a saucepan and cook over medium and medium low heat with 1/3 sugar (2/3 cup). When the sugar is completely dissolved, add another 1/3 of the sugar and mix well. Add the last part of the sugar and cook a few more until the sugar dissolves. Take the time to melt the sugar, but be careful not to burn it. Take a hot mochi from the pot on a sheet pan liberally dusted with cornstarch. Shape as you like. © 2012 - Japanese Kitchen 101. All rights are reserved. Noriko and Yuko, the authors of this site, are both from Japan but currently live in California. They love to cook and eat great food, and share a similar passion for home cooking using fresh ingredients. Noriko and Yuko plan and develop recipes together for Japanese cooking 101. They cook and take photos/videos on their home kitchen (s) Daifuku Mochi rice cake with Anko, a sweet red bean paste, inside. 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