

Japanese Recipe - 10

# Zunda Mochi (Edamame Paste with Rice Cakes)

Zunda Mochi is a traditional Japanese dessert. Zunda is Edamame, which are grown all over Japan. But only in Tohoku Region-Sendai, Zunda Mochi is ubiquitous.

## Ingredients (Serves 3 ~ 4 persons)

200g <b>Edamame</b>	[Mochi Recipe]
30g sugar	100g Rice Flour (Joshinko / Komeko)
50ml milk	5 tablespoons of water
Pinch of Salt	1/2 tablespoons of sugar

Mochi is chewy rice cake which has a lovely texture. There are so many flavors, and you can make your own mochi by putting anything on top.



## Method

1. Boil the Edamame in the pod. Drain and leave to cool.
2. Take the beans out of the pod. Put the beans, sugar and salt into a food processor and blitz until smooth.
3. Combine rice flour, sugar and water in a large bowl. Mix with a rubber spatula until well combined.
4. Using your hand, press the rice flour mixture and form it into a ball and then roll into a nice smooth ball (about 2cm).
5. Cook the balls in boiling water, about 2 minutes.
6. When balls starts to float, pick them up and soak in ice water to let them cool.
7. Serve Zunda on top of some balls (Mochi).

## Edamame

Edamame is young green soybeans in the pod. They can be boiled or steamed with the pods. Edamame soybeans are soft, they are not hard and dry like mature soybeans.



This beer is suited to 'Zunda Mochi'

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## Rice Flour (Joshinko / Komeko)

Rice flour is the finely milled rice. It is particularly a good substitute for wheat flour which causes irritation in the digestive system for those who are gluten-intolerant. It is also used as a thickening agent for recipes which require refrigeration or freezing since it prevents liquid separation.



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