

Japan *I*food vol.10

Let's cook traditional Japanese food in a traditional way and enjoy them in Perth!

Information : Lion Oriental Foods Co. and Loi's Eastern Supermart

Japanese Recipes and Tips

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Japanese Recipe - 19

Onigiri and Takuan

Onigiri is Japanese rice ball made from white rice which is great for a quick snack since it is easy to eat. Takuan is a yellow pickled radish and goes hand in hand with Onigiri.



Ingredients (Serves: 2-3 balls)

- 300g Japanese (short grain) white rice
- 2.5 tablespoon of **Seasoning Flavour**
- 6 sliced **Takuan**

Method

1. Once the Japanese rice is cooked and cooled down, put seasoning flavour in rice and mix them.
2. Wet your hands in order to prevent the rice from sticking to your hands.
3. Mold a handful of rice into a triangular shape.
4. Slice the Takuan and garnish Onigiri with them.



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Onigiri is a traditional Japanese food and people eat it with some seasoning flavour normally. The interesting cute shape which is mostly rice allows Japanese people to easily hold and eat. Takuan is a yellow pickled radish and gives a good crunchy texture with the Onigiri. Taste is light and is not too heavy.

Seasoning Flavour

Seasoning flavour is dry Japanese seasonings and often brightly colored and flaky. It typically consists of a mixture of dried and ground fish, sesame seeds, chopped seaweed, sugar and salt. It can have a slight fish or seafood flavoring, and is sometimes spicy.



Takuan

Yellow Pickled Radish is called "Takuan" in Japan. Takuan is often served alongside other types of Tsukemono in traditional Japanese cuisine, and is also enjoyed at the end of meals as it is thought to aid digestion. Usually, Takuan is washed with water, the excess brine removed and it is sliced thinly before serving. It is eaten as a side dish in meals, and eaten as a snack at teatime.



Japanese "Shochu" is traditional liquor with natural ingredients for Japanese. Natural ingredients such as, Mugi which is made from barley is very smooth in taste. Sweet potato has stronger taste which is similar to those who love Japanese whisky taste. You can drink with hot and cold water. In Japan a lot of people mix it up with Yuzu, soda such as Calpis.

This Tsukasabotan Senchuu Hassaku is suited to 'Onigiri and Takuan'

Tsukasabotan Senchuu Hassaku

Tsukasabotan 'Great Plan' from Kochi prefecture in Japan. It specially has a smooth taste in the front and has a dry rich taste at the end with cold temperature. You get a full body feeling sake with Onigiri and Takuan.

