



Japanese Miso Rice Balls & Broth (Miso Yaki Onigiri & Soup)

Serves 4

Recipe adapted from <https://www.justonecookbook.com/>

Ingredients

Broth:

700ml dashi (Japanese soup stock)
80g carrot, washed, peeled, cut into quarters lengthwise and sliced
80g (about 4) shiitake mushrooms, washed tough stem removed and sliced
2 tsp light soy sauce
½ tsp sea salt
1 salmon fillet
For garnish:
4 spring onions, washed and finely sliced
1 tsp toasted white sesame seeds

Miso Rice Balls (makes 8):

2.5 Tbsp miso (I used Hikari Miso Organic Red Miso)
1.5 tsp sugar
1.5 Tbsp mirin
250g cooked Japanese short-grain rice
6 shiso leaves (perilla/ooba) (optional)
2.5 tsp toasted white sesame seeds
3 tsp sea salt
1 Tbsp vegetable or sunflower oil
Parchment or baking paper

Instructions

Gather all of the ingredients for the broth. Set aside the spring onions and sesame seeds to garnish the dish at the end.

In a large saucepan, slowly bring the broth to a boil. Add the carrots and stir well to combine. Cover and simmer for 3 minutes.

Stir in the mushrooms and soy sauce. Carefully lay the salmon fillet into the broth, cover and simmer on the lowest heat for 7 minutes.

Use a fish slice to lift the salmon out of the broth and set aside to cool. Cover the broth and set aside.

Gather all of the ingredients for the rice balls.

Combine the miso, mirin and half of the sugar in a small bowl. Mix well to combine. Taste and add more sugar to taste. Set aside.

If using, roll up the shiso leaves and cut into thin strips. In a large mixing bowl, combine the shiso leaves, sesame seeds and cooked rice.

Prepare a small bowl of water and a plate of kosher salt, roughly 2 to 3 tsp. Wet your palms with water, dip your fingers into the salt and rub some of the salt lightly onto your palms. Then using a rice scooper, scoop 81/8 portion of the steamed rice (making 8 rice balls in total). Gently form the rice into a ball shape, and then flatten top and bottom. It should look like a thick disk shape.

Cut the parchment paper to fit the bottom of your frying pan and place it on the pan. Brush the oil on the parchment paper. Place the rice balls and start cooking on medium heat. Make sure to keep some distance between rice balls so they don't stick to each other.

Cook the bottom of the rice for about 2.5 minutes. When it's nicely brown, brush the oil on the top of the rice balls and flip to cook the other side for 2.5 minutes or until nicely brown.

When both sides are nicely brown, reduce the heat to low heat. Brush/spoon the sauce on top of the rice balls. And flip to cook the miso side for just 10-15 seconds. Then flip to brush the sauce on the other side and cook for 10-15 seconds. Take care as miso burns very quickly, so make sure the heat is kept very low.

Once both sides are browned with the miso, remove from the frying pan and transfer two rice balls to a serving bowl.

Gently spoon the broth around the rice balls. Garnish with the flaked salmon, sesame seeds and spring onions. Serve immediately.