



How to Shape the Perfect Onigiri 1/2

Ingredients

- Japanese Short-Grain Rice : About 150g (1 bowl portion) of freshly cooked rice
- Salt As needed (for seasoning your palms)
- Your Favorite Filling (e.g., Tuna Mayo, Grilled Salmon, etc.)
- Nori (Roasted Seaweed) 1 sheet per onigiri

Directions

1 Preparing the Rice

Step1 Transfer freshly cooked rice into a bowl.
Use a wet rice paddle to gently fluff the rice with a "cutting" motion to incorporate air.

Step2 Wait a moment until the rice is just cool enough to handle, but still warm.

Point Do not stir or mash the grains. Keeping the rice airy and warm is the secret to a perfectly fluffy texture.

Point Fresh is best! Using freshly cooked rice allows the grains to stick together naturally without being pressed too hard.



2 Preparing Your Hands

Step1 Lightly wet both hands with water.

Point This prevents the rice from sticking to your hands, making it much easier to shape.

Step2 Press the tips of your first three fingers (index, middle, and ring fingers) into the salt so it sticks to your wet skin.

Step3 Rub your palms together to spread the salt evenly across both hands.

Point By spreading the salt over your palms first, you can season the surface of the rice uniformly. A salty exterior is the key to a delicious onigiri!

