



## 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!

