



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!





How to Shape the Perfect Onigiri 2/2

Directions

3 Filling & Shaping

Step1 Place a portion of rice in one hand and use the fingers of your other hand to create a small well in the center.

Step2 Place your filling of choice into the well.

Next, Cover the filling with a small amount of rice and gently fold it in to hide the center.

Step3 Cup one hand to act as a "base" and use the other hand to form a "triangle roof" over the rice.

Step4 Gently press and rotate the rice ball several times to form a triangle shape.

Point The Soft Handshake: Use gentle pressure, as if giving a soft handshake.

Never press too hard, or you'll crush the rice grains and lose that fluffy texture.

Point Finish quickly. The secret to a perfect onigiri is to shape it in just a few presses to keep it airy and light.



4 Wrapping with Nori

Step1 Prepare a rectangular sheet of Nori with the rough side facing up, then place the onigiri in the center. The shiny side will become the outside.

Point The shiny side of the Nori should be facing out to make your onigiri look beautiful.

Step2 Fold both ends of the Nori toward the center. Fold the remaining Nori at the bottom upward along the base of the onigiri.

