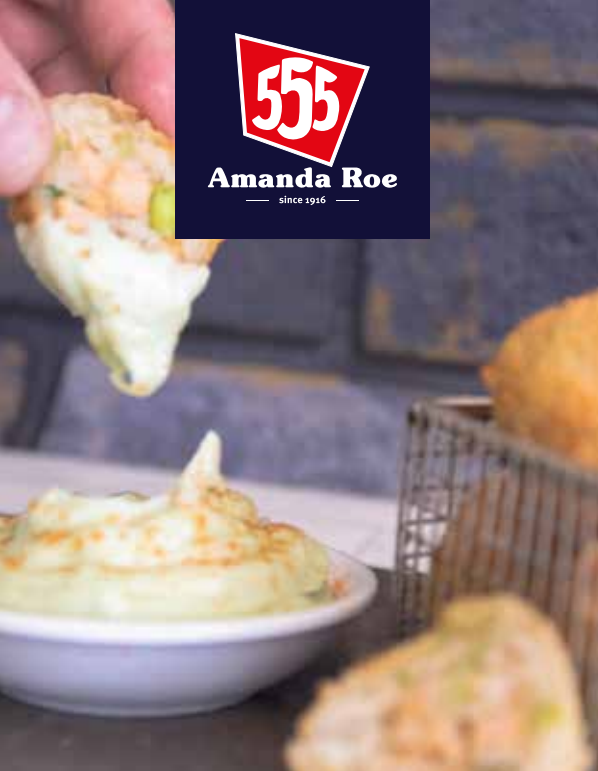




Amanda Roe
since 1916



Ingredients • 10 persons

Sushi rice:

250 g sushi rice
750 g water
100 g mirin
80 g rice wine vinegar

Miso roe mix:

300 g roe diced 1 cm
60 g maple syrup
15 g soy sauce
60 g red miso paste
150 g plain flour or cornstarch

Miso onigiri rice balls:

500 g sushi rice
100 g edamame beans
20 g sliced spring onions
300 g miso cod roe mix
100 g flour
100 g water
100 g panko crumb
20 g miso paste

Wasabi mayo:

10 g wasabi paste.
200 g japanese mayo
10 g yuzu juice

Miso roe onigiri rice balls with wasabi mayo

How to prepare and cooking

Preparation time: 40 minutes • Cook time: 5 minutes

Sushi rice: Wash the rice under running cold water then place into a rice steamer with the water and cook until softened. Remove the rice and then fold through the mirin and rice wine vinegar and allow to cool.

Miso roe mix: In a pan place the miso, syrup and the soy and whisk together to form a sauce. Now simmer and reduce till sticky. Meanwhile coat the roe in the flour and then remove excess flour. Now deep fry the roe in a pan or fryer until coloured and crisp. Remove and drain and allow to cool slightly, then coat again in flour and fry again till crisp. Now bind in the sauce and allow to marinate for 20 mins.

Wasabi mayo: Combine to form a sauce.

Miso onigiri rice balls: In a bowl mix the rice with the miso paste, spring onions and the edamame but gently to not break up the rice. Now mix the miso roe mix into the rice and form balls. Whisk the flour with the water and for a batter then dip the balls in the batter then the panko and leave to set slightly. Fry the balls at 160°C for 3-4 mins until golden and cooked.

Serving: Serve the onigiri balls with the wasabi mayo.



Recipes by Steve Walpole



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