




Cook / Local Japan



Today's recipe
"Nikumaki-onigiri"
*Riceballs covered with pork.
 It is a popular fast food in Miyazaki prefecture. Fillings such as cheese are sometimes added to the rice ball.*

>> Serves: 2
 >> 10 mins to prepare and 30 mins to cook (ex. 10 mins for marinating)
 ↓ Regular supermarket(R), Japanese grocery store(J)

Available at		Ingredients & Preparation	
<input type="checkbox"/>	R J	400g	cooked Japanese short grain rice (sushi rice) (boiled)

<input type="checkbox"/>	R	300g	pork belly (cut into 15 cm long strips)
<input type="checkbox"/>	R J	1 tsp	garlic (grated)
<input type="checkbox"/>	J	2 tbsp	cooking sake
<input type="checkbox"/>	R J	2 tbsp	mirin
<input type="checkbox"/>	R J	2 tbsp	soy sauce
<input type="checkbox"/>	R	1 tbsp	honey

<input type="checkbox"/>	R J	1 tbsp	toasted white sesame seeds
<input type="checkbox"/>	R	30g	gem lettuce

Place / Prefecture
Miyazaki
 Why not visit the official tourism website (while eating this dish)?



Method
 1 Preheat the **cooked rice**. (You can get cooked rice at Japanese grocery stores and some regular supermarkets.)
**Cook's tip: If you have dry rice, cook the rice as instructed on the packet first. Cooking 180g of dry sushi rice yields approximately 400g of cooked rice.*

2 **Cook's tip: If making thinly sliced pork is too much trouble, you can buy fresh or frozen pork at Japanese grocery stores and Asian grocery stores.*
 Put the **garlic, cooking sake, mirin, soy sauce** and **honey** in a zipper bag and mix well. Then add the **pork** to the bag and marinate for 10 minutes.
 Line an large ovenproof dish with aluminium foil. Make egg-shaped rice balls and place the rice balls vertically on the dish.
 Wrap the pork around the rice ball.
**Cook's tip: The top and sides of the rice ball should be wrapped. It is not necessary to wrap all the way to the bottom.*
 Bake in the oven at 200°C for 10-15 minutes.

3 Sprinkle with **sesame seeds**.
 Serve on plates and garnish with **gem lettuce**.