

Onigiri Rice Balls with Salmon

Makes about 30 rice-balls

You will need:

4 cups cooked rice

$\frac{1}{2}$ cup salmon (half of a filet)

Sea salt

Large nori Seaweed (can be found at most supermarkets)



What to do:

1. On a grill or on a skillet, salt the salmon and cook for 5-7 minutes, until well cooked and can be flaked into small pieces with a spoon.
2. In a bowl add rice, the salmon and a bit of salt. Mix well.
3. Cut the nori seaweed into thin strips, about the length of a thumb and the width of the top part of your index finger.
4. Prepare a large serving platter or plate and prepare a bowl of cold water.
5. Dip your hands into the bowl of water (this is so the rice does not stick to your hands), then take about 3-4 tablespoons of rice into the palm of your hands. Press the rice and turn it inside the palm of your hands until it forms a ball. (Don't be afraid to squeeze the rice - it makes for a denser rice ball and all the more tastier) Keep pressing the ball for a few more seconds until it is firmly shaped into a ball.
6. Wrap a piece of nori strip around the ball.
7. Repeat until all of the rice is used.
8. Serve warm or at room temperature.

Please note:

Making onigiri is all about the gripping of the rice. You have to be firm but not too hard in cradling and pressing the rice in your hands or else they fall apart as soon as you put them down. If you squeeze too hard, they become like glue and lose the fluffy rice-ness texture.