

Mochi Making Class

- **Sanshoku Dango* (Three Color Dango)**

*Dango (団子) is mochi in a form of a ball.

◇ Ingredients (For 2 skewers)

Glutinous Rice Flour (Mochiko)	4 Tbsp
Sugar	1 Tbsp.
Water	About 2 Tbsp.
Matcha	1/8 tsp
Red food coloring	1 small drop



1. Put glutinous rice flour and sugar in a bowl and gradually add the water and mix with a rubber spatula. Then knead with your hands. If the dough is too dry add some water a few drops at a time. If the dough is too sticky, sprinkle some flour. It should be an earlobe softness.
2. Divide the dough in three. Add matcha or green food coloring to a third of the dough, And color the other third with red food coloring.
3. Divide each color in half then roll them into a ball.
4. Boil the mochi balls on medium heat. Once they float to the top, wait one minute, and take them out and put them into an ice bath.
5. Drain once the mochi balls are cool. Dip the skewer in water and pierce the mochi balls starting with the green mochi, then the white mochi and pink mochi at the top.

For more dango recipes please visit my website:

<https://www.simplyoishii.com/dango-recipes.html>

If you prefer to have a firmer texture, replace half of the glutinous flour with non-glutinous flour (上新粉/Joshinko).

This recipe is the property of Simply Oishii Wagashi School (<https://www.simplyoishii.com/>)

Ichigo Daifuku* (Strawberry Daifuku)

*Daifuku (大福) is a mochi with a bean paste filling.

❖ Ingredients (for 6 pieces)

Red or White Bean Paste*	100 g (1/3 cup)
Strawberries	4-6 (depending on size)
Potato Starch (or Cornstarch)	2~3 Tbsp.

Mochi

Glutinous Rice Flour	1/2 cup (70g)
Water	scant 1/2 cup (110ml)
White Sugar	2 Tbsp.



1. Spread a layer of potato starch on a tray.
2. Divide the red bean paste to make 6 balls.
3. Wash and hull the strawberries. Wrap it with the red bean paste.

To make the *Mochi*:

1. Put the glutinous rice flour, sugar and water in a microwavable bowl and whisk until the lumps are gone. Adjust the water content ($\pm 10\%$) according to the type of flour. (If you are using Shiratamako, add only half of the water and mix until the lumps are gone and then add the rest of the water together with the sugar and mix until smooth.) (Use the same amount of sugar as the flour if you are making mochi Ice cream).
2. Loosely cover with cling film and microwave for 90 sec. 600W. (Adjust the time according to the power of your oven.)
3. Take it out and mix using a wet spatula until smooth (the mochi should be partially cooked), return to the microwave for another 90 sec. The mochi should be piping hot, shiny, and fluffy.
4. Turn the mochi onto the tray with the potato starch. Dust your fingers with potato starch and divide into 6 portions. (it will be very hot so do not touch the mochi directly)
5. Make a flat disc with the mochi and lay it on the top of the strawberry. Make sure you have a clean side to be on top. Dust your palms, turn it over and pull the ends on diagonal lines so that the bottom is covered.

- ✓ Use a wet spatula to avoid sticking
- ✓ Only touch mochi by sprinkling the potato starch
- ✓ Do not make the mochi disk too big. (it should be less than 5 cm (2 inches) dia. depending on the size of the filling.)
- ✓ Dust off Excess starch from the mochi before wrapping.

Mochi Ice cream (Mochi with Ice cream filling)

◇ Ingredients for 6 pieces

Mochi

Glutinous Rice Flour	½ cup (70g)
Water	½ cup (120ml)
White Sugar	½ cup (80g)



Ice Cream:	4-6 scoops
Potato Starch	about 1/3 cup

1. Scoop ice cream onto a tray and keep it frozen until use. (The ice cream should be rock hard, before wrapping)
2. Put the glutinous rice Flour, sugar and water in a microwavable bowl and whisk until the lumps are gone. (If you are using Shiratamako, add only half of the water and mix until the lumps are gone and then add the rest of the water together with the sugar and mix until smooth.)
3. Loosely cover with cling film and microwave for 90 sec. 600W. (Adjust the time according to the power of your oven.)
4. Take it out and mix using a wet spatula until smooth (the mochi should be partially cooked), return to the microwave for another 90 sec. The mochi should be piping hot, shiny, and fluffy.
5. Turn the *mochi* onto the tray with the potato starch. Sprinkle more starch on top. (it will be very hot so do not touch the mochi directly)
6. Turn the mochi out on a board covered with potato starch. Roll out with a rolling pin until about 3-4 mm thick. Cool completely.
7. Cut the mochi into 6 pieces.
8. Line a cup with cling film and place the mochi on it. Put the ice cream in the cup and close the ends of the mochi. Cover with the cling film and twist so that the seam closes.
9. Reshape into a dome shape. Freeze until set. Take it out couple minutes before serving.

Warabi Mochi

◇ Ingredients (serves 3-4)

Tapioca Starch	1/2 cup (70g)
Sugar	1/4 cup (40g) *
Water	1&1/4 cup (300ml)



Kuromitsu (Brown sugar syrup)

Kinako (Roasted soybean powder) 1/2 cup

1. Swift the half of the Kinako evenly on a baking tray or plate.
2. In a pan, whisk the tapioca starch, sugar, and water until smooth. (If you are using brown sugar, pour through a sieve to make sure there are no lumps) *Sugar can be increased upon your preference. Brown sugar can be used instead.
3. Mix with a spatula on medium heat until it starts to solidify. Then turn down to low heat and keep mixing until sticky and translucent.
4. Transfer on to the tray covered with Kinako. Swift the remaining Kinako on top of the mochi.
5. Once cooled, cut into cubes, and dust the cut surface with Kinako.
6. Serve warm or cold. (Can be refrigerated but not frozen)

Shops you can buy the wagashi materials in Tokyo:

TOMIZ : Shibuya, Ebisu, Shinjuku, Yurakucho, Nihonbashi, Ikebukuro, etc. TOMIZ

Online at Amazon.co.jp

Shops to buy the tools in Tokyo: **Kappa bashi Shopping Street**

Please visit my website (simply_oishii.com) under “information” for Kappa bashi map and a list of shops that handle wagashi tools.

For more recipes including
how to make bean pastes,
please check out my
YouTube Channel:
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