

Mochi & Wagashi Course

• 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 the 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).

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 6

Potato Starch(or Cornstarch) about 1/4 cup.

Mochi

Glutinous Rice Flour (Mochiko) 1/2 cup (70g)

Water* scant 1/2 cup (110 ml)

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). Loosely cover with cling film and microwave for 90 sec. 600W. (Adjust the time according to the power of your oven.)
2. 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.
3. 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)
4. 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.

• Nerikiri Wagashi

Nerikiri Dough (Ingredients for 4 pieces)

White Bean Paste	100g (1/3 cup or 80ml – firmly packed)
Glutinous Rice Flour	2g (3/4 tsp)
Water	5g (1 tsp)

Filling

Bean Paste (Red/White) 60g (1/4 cup or 4 Tbsp.)

1. Mix Glutinous Rice Flour (mochiko or Shiratamako) and water until smooth in a microwavable bowl
2. Add to the white bean paste and mix until well blended. Press it against the side of the bowl.
3. Microwave for 1 minute (600W). Take it out and mix. If it is still sticky, Microwave for further 30 seconds or until the dough does not stick to your hands. (Adjust the heating time according to the power of your microwave oven)
4. Turn it out on a clean damp cloth. Knead until it is well blended.
5. Tear the dough into small pieces and rest on the cloth until cool. Put it together and knead again. Wrap tightly in cling film to prevent it from drying out. (Can be frozen up to 1 month)
6. Divide the filling into 4 pieces.
7. Add food coloring and shape it into a desired motif.

Glossary

Wagashi (和菓子)

Wa (和) means Japan and *Kashi* (菓子) means sweets. So, *wagashi* is a general term for Japanese Sweets. On the other hand, western sweets such as cakes and cookies are called *Yougashi* (洋菓子) *You* (洋) means western as in *Seiyou* (西洋).

Nerikiri (ねりきり)

A dough made from white bean paste and gyuhi or mountain yam as a binding agent. It is the main sweets (omogashi/主菓子) served during the tea ceremony.

Shiro an (白あん)

White bean paste made with white kidney beans and sugar.

Koshi an (こしあん)

Smooth Red bean paste made with azuki beans and sugar.

Tsubu an (つぶあん)

Mashed Red bean paste made with azuki beans sugar.

Shirتامako (白玉粉) or Mochiko (餅粉)

Flour made from glutinous rice. Used for making mochi with a soft texture.

Joshinko (上新粉)

Flour made from Uruchi-mai (non-glutinous rice, or Japonica white rice) Used for making mochi with a chewy texture. Can be replaced by rice flour for baking(米粉).

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

Simply Oishii Channel



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