



# Nerikiri Wagashi Course

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.) - 15g per piece.

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 another 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.

**Useful tips when handling the *nerikiri* dough:**

1. Always have a damp towel by you so you can moisten your hands while handling the dough to prevent it from sticking on to your hands.
2. Always keep the dough and the bean paste wrapped in cling film or damp cloth to prevent it from drying.
3. Always wipe the tools before using it on the dough.
4. Avoid using the tip of your fingers to handle the dough so as not to make finger marks. Use your palms as much as possible.
5. If the bean paste is too soft, remove the moisture by pressing it between a paper towel.
6. If the dough is too dry, knead between a damp sarashi cloth or add some water and knead.

**Shops you can buy the wagashi materials:**

TOMIZ/CUOCA : Shibuya, Shinjyku, Yurakucho, Nihonbashi, Ikebukuro, etc. TOMIZ

Online at Amazon.co.jp

Shops to buy the tools: Kappabashi Shopping Street (Majima Kashi dogu ten (馬嶋菓子道具店), Asami Kashi dougu ten (アサミ菓子道具店))



## 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 moch or gyuhi.

---

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

Simply Oishii Channel



Please follow & tag your  
photo on Instagram

@simply\_oishii



Website: <https://www.simplyoishii.com>