

Mochi or Sesame Balls

Adapted from Tiny Urban Kitchen

Ingredients:

- 1/4 cup water
- 1/4 cup Mochiko (glutinous rice) flour
- 1-2 T sugar (optional)

Directions:

Mochi:

1. In a saucepan, combine all ingredients. Heat the pan on medium. Cover with a lid and allow to cook for a few minutes. Check the mixture to see if it has formed into a thick paste/dough. Once it has, remove from heat and pour into a bowl. Wrap with plastic wrap. Allow to stand for about 5 minutes. Shape into small balls and roll in coconut, ground toasted sesame or cocoa powder or stuff with freshly chopped fruit

Sesame Balls:

1. Combine the ingredients and form them into balls and boil them in hot boiling water for about two minutes. Roll them in sesame oil and seeds and bake in the oven at 450 degrees F for about about 5-7 minutes or until golden

Tools Needed

Small Saucepan
Wooden Spoon
Measuring Cups
and Spoons
Small Saucepan
Baking Sheet
Lined with
Parchment