

日本語



Year Three term 4 post
Cultural experience lesson, trying Mochi!

What Is Mochi?



Traditional mochi is a Japanese dessert made of whole rice grains or glutinous rice that is beaten with a wooden mallet until it becomes a flexible paste. There are several types of mochi, which all contain differing ingredients.

Because mochi has such a soft, slightly gummy texture, it is considered a choking hazard if not eaten properly. Mochi needs to be chewed and not swallowed whole like many people do as they eat it for the first time.

Mochi Explained

Mochi, pronounced "mow-chee", is an age-old food tradition in Japanese culture, which has also brought us miso and **ramen**. Today, mochi is offered all around the world and in many different forms.



Mochi Variations

Since the popularity of mochi has increased, many creators have broken out to make their own mochi recipes. We've pulled together some of the most popular types of mochi-based recipes you can find today.



Mochi Donuts

New to the mochi scene are mochi donuts! Made with sweet rice flour and deep fried to perfection, you can enjoy a mochi donut topped with your preference of icing.

Matcha Tea Mochi

Crafted much like traditional mochi dough, **matcha tea** mochi is a mixture of all of the standard mochi ingredients with the added matcha powder to give it the green color.

Mochi Candy

Mochi candy is very similar to the texture of daifuki mochi or warabi mochi because of the similarity to the soft, smooth dough which has been cut into small cubes that can be eaten alone or used as a topping on frozen yogurt.

Mochi Cake

Just as you might bake a cake with flour, you can bake a mochi cake with sweet rice flour! Mochi cake is gooey and chewy on the inside, yet crispy and golden brown on the outside. Choose to serve as a square or in a traditional triangle cut, this mochi cake will surprise your taste buds.



Here are some pictures of our students trying Mochi!







さよなら。
Sayonara
(Good-bye.)



