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FURIKAKE Spice World Kit



Next Kit: June 28
Jamaican Jerk Seasoning





History

One account of the origin of furikake is that it was developed during the Taishō period (1912–1926) by a pharmacist in Kumamoto prefecture named Suekichi Yoshimaru, to address calcium deficits in the Japanese population. He developed a mixture of ground fish bones with roast sesame seeds, poppy seeds, and seaweed that was made into a powder. He called this product "A Friend for Rice" and is generally considered the precursor to furikake.

A food company in Kumamoto later acquired the product and was able to sell it commercially.

Years after a grocery retailer in Fukushima City named Seiichirō Kai developed a mixture consisting of white croaker and powdered kombu and other ingredients simmered with a soy sauce-based broth. Kai called his product "This Is Tasty". It was popular on its release. Although it was initially considered a luxury item for the affluent who were able to consume white rice on a regular basis, it later was made accessible to the Japanese working class.

~ Wikipedia

Ingredients and Uses

Furikake Aji Nori

Seasoning Ingredients:

Sesame seeds, sugar, nori seaweed, hydrolyzed soy and corn protein.

Uses:

- sprinkle over rice
- sprinkle on sushi
- sprinkle on avocado toast
- over eggs
- on veggies
- over fish, or smoked salmon
- over tofu
- Sprinkle over ramen or sushi bowls
- sprinkle over Poke salad or poke bowls
- Over egg salad or tuna salad

Recipe



FURIKAKE RICE BALLS

INGREDIENTS

- 1 1/2 bowls steaming hot short-medium grain rice
- 3 tablespoons of furikake
- sesame oil

INSTRUCTIONS

1. In a medium bowl, mix cooked rice and furikake until incorporated.
2. Put a plastic glove on one hand. Add little bit of oil on the plastic glove so that the rice does not stick. Put 2 tablespoons of rice on your palm and squeeze lightly until the rice sticks together. Shape it into a ball.
3. Repeat until the rice is finished and serve.

