

Maitake-no-Takikomi-Gohan (Onigiri), or Maitake Rice (Rice balls)

(Energy: 324 kcal, Protein: 6.3 g, Fat: 2.1 g, Carbohydrate: 65.8 g)

Ingredients for 1 serving

Short-grain rice	80 g
Dashi broth from dried bonito flakes	112 ml
<i>Maitake</i> mushroom	20 g
(Seasoning)	
Soy sauce	6 g
Sake, or Japanese alcohol	5 g
Mirin	4.5 g
Salt	0.1 g
<i>Ginseng Panax</i> powder	0.15 g
Butter	1.5 g
Rice vinegar for <i>Maitake</i> parboil	adequate



Directions

1. Rinse rice several times, changing the water. Leave the rice at room temperature for 30 minutes.
2. Boil appropriate sizes of *Maitake* mushroom in vinegar-containing water for about 30 seconds.
Put the *Maitake* in a strainer, and drain the water.
3. Put the rice into a strainer, drain the water, and place in a rice cooker. Add a mixture of (seasoning) and Dashi broth to the rice just before starting of rice cooking.
4. Put the *Maitake* in **3** and cook.
5. When the rice is cooked, stir lightly, and mix with butter.
6. To form triangular rice ball, place a scoop of rice on a plastic wrap in one hand and cup with your other hand to pack the rice. Gently rotate the ball in your hand, and shape the sides and edges to form a triangle.