



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Rice balls

Ingredients

- 1 cup freshly cooked medium or short grain rice
- 1 teaspoon brown rice vinegar or umeboshi vinegar (cider vinegar also works as a cheaper alternative)
- 1 teaspoon sesame seeds and/or 3 teaspoons sunflower seeds
- Tamari or good soy sauce
- 1 teaspoon ginger juice

Preparation

For this recipe you must use freshly cooked rice. In particular the rice from the bottom of the pan that may be a little softer will work best.

Dry roast seeds until golden and sprinkle with tamari turn off heat and keep stirring until seeds are dry.

While rice is still warm, dress with vinegar and stir until the rice begins to clump and stick together.

Sprinkle over seeds and divide rice into 2 to 4 equal portions.

Form into balls.

Optional: to make the outside extra crispy fry in sesame oil.

Eat on the same day.

Recipe shared at the Auburn Youth Group workshop



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