

Clearspring 

ORGANIC JAPANESE

GLUTEN FREE

SWEET BROWN RICE

BLACK SOYA BEAN MOCHI

Steamed, Pounded Brown Rice
with Black Soya Beans

- 100% wholegrain • Ready in 8 minutes

玄米黒豆餅

FR: Riz Brun Doux Biologique Cuit à la Vapeur et Pilé avec Soja Noir.
Ingrédients: Riz brun doux* (91%), soja noir* (8%), sel de mer: *de l'agriculture biologique, Produit du Japon. Préparation: frire dans un peu d'huile ou cuire au four à feu moyen, jusqu'à ce qu'il se gonfle. Garder au frais après ouverture. A consommer de préférence avant le: voir (E).

NL: Biologische gestoomde, geplette Zoete Bruine rijst met Zwarte Sojabonen. Ingrediënten: Zoete bruine rijst* (91%), zwarte sojabonen* (8%), zeezout*. *biologisch geteeld, Japans Product. Om te bereiden: bakken in een licht geoliede pan of bakken in een mediumwarme oven tot goed opgeblazen. Koel bewaren na opening. Ten minste houdbaar tot: zie (E).

The hearty flavour and unique texture of mochi has made it a natural favourite in Japan. When cooked, these 'cakes' soften and puff up becoming delectably moist and chewy.

Simply pan-fry in a lightly oiled, covered pan over medium-low heat, turning once. Serve with dips or fillings of your choice, sweet or savoury. For more delicious ways to enjoy mochi, see back of the label.

Ingredients: Sweet brown rice* (91%), black soya beans* (8%), sea salt. *organically grown. Refrigerate after opening. Best before: see (E).

Product of Japan 日本産

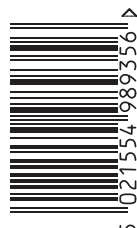
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250g (6 pieces)

TYPICAL NUTRITION		Per 100g
Energy/ Énergie/ Energie/ Brennwert	1018kJ / 241kcal	
Fat/ Lipides/ Vetten/ Fett	4.1g	
of which saturates/ dont saturés/ waarvan verzadigd/ davon gesättigte Fettsäuren	0.9g	
Carbohydrate/ Glucides/ Koolhydraten/ Kohlenhydrate	43g	
of which sugars/ dont sucres/ waarvan suikers/ davon Zucker	0.6g	
Protein/ Protéines/ Eiwitten/ Eiweiß	6g	
Salt/ Sel/ Zout/ Salz	0.12g	



DE: Gedünsteter, Zermalmter Süßbraunreis mit Schwarzen Sojabohnen, BIO. Zutaten: Süßbraunreis* (91%), schwarze Sojabohnen* (8%), Meersalz. *aus kontrolliert biologischem Anbau. Japanisches Produkt. Zubereitung: in einer Pfanne mit wenig Öl anbraten oder im Ofen auf mittlerer Hitze backen, bis es aufbläht. Nach dem Öffnen kühlen. Mindestens haltbar bis: siehe (E).

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250g (6 pieces)



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What's Mochi ?

Mochi is made from a short grain japonica glutinous rice which has been steamed, pounded into a paste and cut into blocks. The best mochi has a perfect balance between viscosity and elasticity but this requires exceptional skills as it is especially difficult to perfect when using brown rice.



Traditional mochitsuki

In Japan mochi is traditionally made from steamed rice in a labour intensive ceremony called *mochitsuki*. While now enjoyed all year round, mochi is a traditional food specially prepared and eaten during New Years celebrations in Japan. After the glutinous rice is soaked overnight and steamed it is pounded with wooden mallets (*kine*) in a heavy mortar (*usu*). Two people will alternate the work,

one pounding and the other turning and wetting the mochi. They must keep a steady rhythm to prevent injuring each other with the heavy *kine*. The sticky mass is then formed into small portions.

Also available: Organic Gluten Free Sweet Brown Rice Mochi

How to cook Mochi

Clearspring mochi can be pan-fried, grilled, deep-fried, boiled or even oven-baked.

To oven-bake, place in a pre-heated medium oven for 8-10 minutes. They are ready to eat when puffed up, brown and crispy on the outside and chewy on the inside. Serve with dips or fillings of your choice such as tamari & maple syrup for a delicious sweet snack. Also great wrapped in toasted nori with a tamari & ginger dip or cut into bite-sized pieces and added to soups or stews just before serving as crispy croutons.



A match box sized piece of mochi has the same calorific value as a small bowl of rice. For this reason it is popular with Japanese farmers who often eat mochi on cold winter days to increase their stamina. Samurai took mochi onto the battlefield because it was easy to carry and prepare, and a great source of energy.

For more recipes: www.clearspring.co.uk