

# Muchi — Traditional Okinawan Mochi



## Tips:

**Knead the dough well**

**Cut the dough into equal pieces**

## Ingredients for 6 servings



|                             |           |
|-----------------------------|-----------|
| → Muchi mix                 | 250g      |
| Water                       | 120-150cc |
| Shell ginger leaves (Getto) | 6         |

## If you want to make it from scratch,

|                                |           |
|--------------------------------|-----------|
| Glutinous Rice Flour (Mochiko) | 160g      |
| Sugar                          | 60g       |
| Purple sweet potato powder     | 30g       |
| Water                          | 120-150cc |
| Shell ginger leaves (Getto)    | 6         |

### Suggestions:

Instead of purple sweet potato powder, you could use pumpkin powder or mashed sweet potato/pumpkin, etc.

## Instructions:



1. Wash the shell ginger leaves well and let them dry.



2. Place the muchi mix in a bowl, add about  $\frac{2}{3}$  of water and mix it with a spatula or your hand. Add the rest of the water a little bit at a time and knead the dough until it turns into a gummy texture.



3. Roll the dough into a ball and cover the bowl with food wrap. Rest the dough for about 30 minutes.



4. Once rested, divide the ball into 6 equal pieces and make them into elliptical shapes.



5. Place each in the center of the backside of shell ginger leaf.



6. Fold the leaf horizontally from the bottom and leave  $\frac{1}{2}$  inch of space between the muchu and the leaf.



7. Fold the leaf horizontally from the top and leave a  $\frac{1}{2}$  inch of space between the muchu and the leaf.



8. Fold both the right and left sides of the leaf toward the center and leave 1-2 inches of space in between the muchu and the leaf.



9. Tie the leaf with a string (about 13 inches long).



10. While wrapping the muchu with the leaf, fill a pot with 2 inches of water and place a steamer basket on top of the pot. Bring the water to a boil, add the muchu and cover the pot with the lid.



11. Steam the muchi on high heat about 15 minutes or so or until the color of the leaf changes. You'll begin to smell the fragrance of shell ginger. If you want to make sure the muchi is cooked properly, insert a thin skewer in the middle of the muchi, pull it out and if it comes out clean, it's ready to eat.



12. Transfer the muchi to the plate. Let it cool down a little bit before eating and enjoy.

**Leftover muchi can be put in a Ziploc bag and frozen for up to 2 weeks. When you are ready to eat muchi, thaw them at room temperature. If it's hard, heat it up in the microwave for a few minutes or steam them again.**