

(Please check with your classroom teachers to see if they have any special requests)

You will need to have in advance:

Ingredients—Click here for suggestions on where to buy

(for approximately 24 servings)

- 3lbs of Washed & Soaked Mochigome * (sweet rice) [Please Link to Preparing Sweet Rice](#)
- 1 Daikon * (Japanese White Radish)
 - big ones (at least 3 inches in diameter)—the goal is to have at least 2 slices per child
 - please check that it is fresh (not squishy)
- 3-4 Carrots
 - big ones—the goal is to have at least 2 slices per child
- Spinach (optional)
- 1 bag of Katakuriko (potato starch)
- 1 block of Kamaboko (Fish paste cake) **
- Broth—choose either the Original Broth or the Easy Broth

Original Broth [Please link to Original Broth Recipe](#)

- Hanakatsuo **(shaved bonito flakes) 1 pack (of 100g)
- Kombu **(dried seaweed) 4 pieces (of 10cm x 10cm)
- 6 TBL Cooking Sake
- 5 tsp Salt
- ½ cup (120cc) Soy Sauce*

Easy Broth

- 48gs or approximately 3TBS of Katsuo Dashi or Hondashi*: Powdered bonito soup stock (Nijiya market carries ones that says no MSG.)
- 6 TBL Cooking Sake
- 5 tsp Salt
- ½ cup (120cc) Soy Sauce*

*Purchase at Asian Market or Japanese Market

**Best purchased at Japanese Market

Equipment/Utensils

Please ask your classroom teachers for

- Trays: Please ask your classroom teacher
- Stoves: Please ask your classroom teacher in advance.
- 1-2 big Cooking Pots
- Wax paper (for lining the trays)...
Some teachers just put chart papers on the tables instead of trays and wax papers. Please check with your classroom teacher.

Please ask your classrooms teachers to contact Yuka Sensei for:

- ✓ Mochi Makers [Please link to the mocha maker table below](#)
- ✓ Vegetable cutters

- ✓ Owan bowls: Sets of 60 owans at the Japanese Office. Please ask Yuka sensei.

Other equipments (please check with your classroom teachers to see if there are any classroom stocks of these items)

- ✓ Ladles
- ✓ Plastic spoons
- ✓ Chopsticks (optional)

Parent Volunteers' Preparation at Home

Preparing Sweet Rice (One Day before)

Figure out how many machines you will be using, and measure the rice needed for each machine. Please note that some classes make mochi balls with soy powder /red bean paste / soy sauce in addition to ozouni. Please check with your teacher how much sweet rice you will need.

Mochi machines at the Japanese Office

		Maximum	Minimum	Approximate Time
1	National brand machine	3lb = 9 Japanese rice cups *attached to the machine	1.5 (0.9L)	43-44 min (regular mode)
2	National brand machine	Same as above	Same as above	Same as above
3	Tiger brand machine	3.3lb = 10 Japanese rice cups* attached to the machine	1.65lb	45-55 mins (need to manually switch to pounding from steaming mode)

* different from U.S. standard cups (1 Japanese cup = 180cc)

To the coordinators who will be distributing the rice to the volunteers:

Measure the rice and mark the amount before distributing rice to the volunteers who will wash and soak the rice. You won't be able to measure the rice accurately once it has been soaked.

Washing the Rice

- 1) Put the sweet rice into a bowl. Run water over the rice (don't let it over flow) and stir rice with your hands, adding adequate pressure.
- 2) Pour out the water, being careful not to let the grains spill.
- 3) Repeat the process 4, 5 times.
- 4) Drain the water out then soak the washed rice in clear water for 8 hours.
- 5) Next morning, drain the water out using a strainer/colander and shake once to remove excess water. Let it drain for 15 minutes before putting in a plastic bag and bring it to school.

Vegetable Preparation (One Day before)

- ✓ Daikon (Japanese white raddish) Cut into approx. 1/3 inch slices

- ✓ Carrots Cut into approx. 1/4 inch slices

- Peel the skin and slice. Then cook until soft enough to cut out with cookie cutters. (Please do not over cook them.)

- ✓ Kamaboko (fish paste cake) – needs to be refrigerated at all times
Cut it into approx. 5mm slices then half them into a shape of a fan.

On the Day of Ozouni Making

The overall flow (details to follow):

1. Start making broth (needs to get started first thing in the morning since it will take a while to heat/cook with an electric stove.)
Please link to Making of Broth
2. Set the Mochi Making Machines (please follow the instructions on the operation manual.
3. Set up mochi making stations.
4. Set up vegetable cutting stations.
5. Have students cut out the vegetables.
6. When mochi is done, have students roll mochi into small balls at the stations.
7. As soon as mochi balls are made, collect them and put 2-3 balls into each owan bowls and pour a little broth over them (to keep them soft and moist).
8. Add 2 piece of daikon, 2 pieces of carrot, spinach (optional), 1 piece of kamaboko into owan bowls.
9. Pour hot broth right before serving.

Cooking the Broth

Ozouni varies from region to region, and actually from household to household. Here is ONE example of an ozouni broth recipe (Tokyo style).

For Original Recipe (For approx. 24 servings)

- 20 cups (4800cc) of water
- 1 pack (of 100g) Hanakatsuo (shaved bonito flakes)
- 4 pieces (of 10cm x 10cm) Kombu (dried seaweed)
(usually comes in a long strip of 10cm x 30cm)
- 6 Tbs Cooking Sake
- 1/2 cup (120cc) Soy Sauce
- 5 tsp salt
- 1 Daikon (Japanese white raddish) - sliced and cooked
- 3-4 Carrots - sliced and cooked
- 1 block of Kamaboko (fish paste cake)

1. Measure water and put in the pot. Add Kombu to soak.
2. Start heating the water and take out Kombu right before it starts boiling.
3. Add Hanakatsuo and keep heating for 10 mins.
4. Scoop all the Hanakatsuo out of broth with strainer and add sake, soy sauce and salt.
5. Adjust the seasoning to taste.

For Easy Recipe (for approx. 24 servings)

- 20 cups (4800cc) of Water
 - 48g (or approx. 3Tbs) Powdered bonito soup stock. (Hondashi)
 - 6 Tbs Cooking Sake
 - 1/2 cup (120cc) Soy Sauce
 - 5 tsp Salt
 - 1 Daikon (Japanese white raddish) - sliced and cooked
 - 3-4 Carrots - sliced and cooked
 - 1 block of Kamaboko (fish paste cake)
1. Measure water and put into the pot, then start heating up.
 2. Once water is hot enough, add powdered bonito stock. (Hondashi) and sake, soy sauce and salt. Season to taste.
 3. Mix well and keep it warm all the time.

Making Mochi:

Please follow the operation manuals of the machines. Please note that there are differences in how the machine operates.

At the Mochi Making Station

Make sure that the mochi has cooled down a little so that children will not burn their hands. (But be careful, mochi left to cool too long will get hard!)

1. After the mochi is pounded, place them on a tray that are powdered with potato starch (katakuriko).
2. Put potato starch around the clump of mochi.
3. Wait until mochi is cool enough to touch (it will get hard if you leave them too long).
4. Then have the children make 2-3 small balls (a little over an inch in diameter.)
5. As soon as the mochi balls are done, put into bowls and pour a small amount of hot broth over them so that they will remain moist and soft.

Cautions:

*While we make ozouni with small mochi to avoid any choking risks, please make sure children chew mochi, and only eat one mochi at a time.

*Please clean up the owan and the mochi machines carefully (removing the small arm inside the machine) for the next class.

ITADAKIMASU!

(Japanese phrase used at the start of a meal meaning, "I will gratefully accept.")

Where to Buy the Ingredients

(Just suggestions - you can get them from other stores, if you know they have them)

Asian Supermarkets

Sunset Supermarket (Irving between 25th & 26th)

Richmond New May Wah Supermarket (Clement & San Francisco Bicycle Route 330 – between 7th & 9th)

Japanese Supermarket

Nijiya Japanese Market (in Japantown, Post & Webster)

<https://maps.google.com/maps?oi=map&q=1737+Post+St,+San+Francisco,+CA+94115>