

Michael Ryan,
AUSTRALIA
**POTATO
MOCHI**

In Japan, mochi are soft, round snack-sized pucks, usually made from pounded glutinous rice, sometimes stuffed with bean paste or jellied fruit. Mochi are usually sweet but savoury ones are great too. Award-winning chef Michael Ryan's delicious version achieves the distinctive pillowy mochi texture by using whipped potatoes and a little potato starch.



Makes: 14

Time: 1 hour



INGREDIENTS

Mochi

700 grams (24.7 oz) Dutch cream potatoes, peeled and cut into even pieces
2 tablespoons butter
2 tablespoons cream
2 spring onions, finely sliced
2 eggs
4 tablespoons potato starch
salt, to taste
oil for frying

Glaze

100 ml usukuchi shoyu (light soy; see Tips)
100 ml mirin
½ tablespoon sugar

To serve

nori, cut into strips 6cm x 2cm



TRADITIONAL METHOD

1. Cook potatoes in salted water until tender.
2. Pass through a ricer
3. Add the butter, cream and spring onions, then the egg and potato starch. Mix well. Season to taste, remembering you will be coating the cakes in a salty glaze.
4. Leave the mix to cool a little, then portion into round flat cakes, around 50 grams (2 oz) each (or larger if you want).
5. Heat oil in a pan and fry over medium heat, on both sides to achieve a light brown finish and to cook the cakes through.
6. To finish, add glaze ingredients to a frypan and heat over medium high heat. Add the cakes and cook until the glaze reduces and coats the cakes.
7. Remove from the pan and wrap a piece of nori around each cake. Eat hot.

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INGREDIENTS

Mochi

700 grams (24.7 oz) Dutch cream potatoes, peeled and cut into 3cm (1 in pieces)
40 grams (1.5 oz) butter
40 grams (1.5 oz) cream
2 spring onions, roughly sliced
2 eggs
80 grams (3 oz) potato starch
salt, to taste
oil, for frying

Glaze

100 ml usukuchi shoyu (light soy; see Tips)
100 ml mirin
½ tablespoon sugar

To serve

nori, cut into strips 6cm x 2cm



THERMOMIX METHOD

1. Place potato pieces in steamer basket. Place 600 grams (21 oz) water in mixing bowl and insert steamer basket. Cook for **25 min/Varoma/speed 2** or until tender.
2. Remove steamer basket and tip water from mixing bowl. **Insert butterfly.** Add potatoes and mix **20 sec/speed 3.**
3. Add butter, cream and spring onions and mix **20 sec/speed 4.**
4. Add eggs, potato starch and a pinch of salt. **Mix 30 sec/speed 4,** or until smooth. Taste for seasoning, remembering you will be coating the cakes in a salty glaze.
5. Leave the mix to cool a little, then portion into round flat cakes, around 50 grams (2 oz) each (or larger if you want).
6. Heat oil in a pan and fry over medium heat, on both sides to achieve a light brown finish and to cook the cakes through.
7. To finish, add glaze ingredients to a frypan and heat over medium high heat. Add the cakes and cook until the glaze reduces and coats the cakes.
8. Remove from the pan and wrap a piece of nori around each cake. Eat hot.

Tips

- You'll hear Michael Ryan talk about different types of Japanese soy, or shoyu in the video. In this recipe, he prefers usukuchi shoyu, or light soy. The darker soy is called koikuchi shoyu. Here's a [great primer](#) on different types of soy.



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SHOPPING LIST:

- Dutch cream potatoes (700 grams / 24.7 oz)
- Butter (40 grams / 1.5 oz)
- Cream (40 grams / 1.5 oz)
- Spring onions (2)
- Eggs (2)
- Potato starch (80 grams / 3 oz)
- Usukuchi shoyu (100 ml) (light soy; see Tips)
- Mirin (100 ml)
- Sugar (½ tablespoon)
- Salt
- Oil
- Nori



NOTES & TIPS:

→ • light soy