



What's temari (手毬)?

Temari, which literally means “hand ball,” is a traditional Japanese embroidered ball. A temari is between the size of a softball and a hand ball, and it has colorful embroidery of geometric patterns on it. In old Japanese history, kicking ball was a male activity, and bouncing ball was a female activity. “Temari” is the specific ball for bouncing, thus for females. Also, many “temari songs” were created for girls to sing along with bouncing the temari balls. However, as time passed, temari became decorative art pieces rather than toys. Many regions use their own special patterns or materials for temari, and they are valued as one of their traditional crafts.

Suggested Ingredients

Topping

Fish/Meat

salmon (raw or smoked)
tuna
yellowtail
tai (snapper)
tuna can
boiled shrimp
prosciutto
eggs (paper-thin omelet or scramble)
Soboro (sweet soy chicken)
**see the recipe below*

Vegetables

** some vegetables need to be precooked (boil, grill, or soften with salt) or you can use pickled ones*
cucumber
avocado
beet (red, yellow)
celery
broccoli
spinach
kale
shiso leaf
daikon radish
radish
edamame

Garnishment

**to add more colors on*
salmon egg
nori seaweed
miso dips
carrot top
cilantro
herbs
sprout
mayo
lemon

Soboro Recipe

(sweet soy flavored chicken)

ingredients

1/2lb ground pork
1tbs oil
3tbs sake
3tbs sugar
2tbs mirin (sweet sake)
2tbs soy sauce

instructions

1. In a pan on medium heat, cook chicken with oil and break up the meat into small pieces until almost cooked through
2. Add sake, sugar, mirin
3. Add soy sauce
4. Continue breaking up the meat into smaller pieces and cook until the liquid is almost gone

What's temari SUSHI?

Temari SUSHI was named after temari balls as its round shape and colorful toppings resemble them. There are two parts for temari sushi; the bottom part with rice, and the top part with colorful ingredients of your choice. You do not need years of hard training with sushi master to make temari sushi. All you need is some rice and ingredients you like and your free creative spirits. You can make layers with different kinds of ingredients and create your own designs with them. Colorful toppings and different shaped toppings will add fun and beauty on your sushi. By changing the color of ingredients and designs, you can make specific temari sushi, which suits to each occasion. Therefore, temari sushi is a great food for parties, and having temari sushi party or contest is also fun. You can even make “jack-o'-lantern” looking temari sushi for Halloween.

How to make temari SUSHI?

Make sushi rice. Place about 2tbs rice on the plastic wrap close and twist tightly around the rice to make a round ball. Unwrap it and put the “rice ball” on a plate and cover it with a wet towel to prevent from drying. Continue.

Prepare for the toppings. Place a plastic wrap and lay down multiple toppings then a rice ball. Wrap the topping and rice together, close and twist tightly to make the sushi. Continue with other toppings. Garnish with some decorative ingredients.

Wrap-Twist-Open



Rice part

Sushi Rice

1 cup short grain rice (white or brown)
1tbs sugar
1tbs vinegar
1/2ts salt

Mixed Rice (adding more colors)

rice + chopped carrot top
rice + chopped shiso leaf
rice + sesame seeds

Tips

- Choose the ingredients of variety of colors, texture, and sizes
- Use cookie cutter or different ways of cutting to make variety shaped topping
- Use contrasting colored topping
- Add more colors by using mixed rice
- Make layers with translucent ingredients like thin sliced cucumber or white fish. You can see through more ingredients underneath.
- Don't afraid to mix variety of ingredients
- Most importantly, use your creativity and ENJOY!

