

# Fluvanna County Public Library

## Spice of the Month Club

### Furikake

#### Flavor Profile: Nutty, Salty, Savory, Seaweedy

While the Japanese have been turning fish into dried flakes for hundreds of years, furikake – a seasoning with a distinctly nutty and seafood-y taste – was invented in the early 20<sup>th</sup> century as a nutritional supplement. The pharmacist Suekichi Yoshimaru came up with the idea of grinding fish bones into powder as a way of addressing rampant mineral, fiber, and protein deficiencies at a time when many peoples' diets consisted primarily of white rice. Yoshimaru's mixture of pulverized sardines, poppy seeds, and seaweed was sold in small flasks and marketed as Gohan no Tomo, or "Friend of Rice," and became a bestseller.



These days furikake is, broadly speaking, a mixture of sesame seeds, seaweeds, herbs, fish flakes, and salt that derives its name from the Japanese term for sprinkles. It's commonly served on bowls of steamed rice and pressed into rice-based snacks like onigiri for another layer of flavor, texture, and nourishment.

Modern furikakes come in a variety of combinations. While the classic gomashio (toasted sesame seeds and sea salt), shiso (ground sun-dried pickled red shiso leaves), and katsuobushi (bonito flakes) still stand, you can also find furikakes with newer additions like dehydrated egg, wasabi, nori, sardines, cod roe, umeboshi, meat, yuzu, curry powder, and other spices.

How do you pronounce Furikake?

Fu-ri-ka-ke has four syllables and each one is pronounced as follows:

1. Fu like *fool*
2. ri like *real*
3. ka like *copy*
4. ke like *kept*

Furikake is versatile and doesn't need to be saved for special meals or even reserved for Japanese dishes – it can become a daily seasoning like salt or pepper. You can give your rice a punch of flavor but also jazz up your pasta, noodles, vegetables, pizza, popcorn, dips and even focaccia. To use it well, avoid over sprinkling – it's salty – and pair it with foods that are fairly mellow in flavor; scatter it on scrambled eggs, steamed or roasted fish, or fried rice; use it to add texture and oomph to a split steamed sweet potato, chicken salad, crudité's; distribute it over crackers and cookies as a finishing touch right before baking.

#### Sautéed French Green Beans with Furikake (8 servings)

- 2 tablespoons olive oil
- 1 ½ lbs. green beans
- 2 cloves garlic, halved
- 1 tablespoon lemon juice
- Salt & pepper
- 2 tablespoons furikake

1. Heat olive oil in a skillet or fry pan. Once the olive oil is hot, place garlic in oil for one minute.



2. Next, stir in fresh green beans, salt, pepper, and lemon juice. Sauté green beans in the pan or skillet over medium heat until tender, about 5-7 minutes.
3. Once green beans are cooked, remove them from the heat and toss them with furikake.

<https://theheirloompantry.co/sauteed-green-beans-with-furikake/>

### Avocado Toast with Furikake

- Toast
- Avocado
- Furikake
- Tamari, soy sauce, or salt
- Shichimi togarashi (optional)

Place the sliced avocado on your toast and drizzle with tamari, soy sauce or salt and sprinkle with generous amounts of furikake. Add a dash of togarashi for heat if desired.

<https://honestllyum.com/13273/avocado-toast-with-furikake/>

### Fries with Furikake Seasoning and Wasabi Mayo (Seaweed Fries)

- Furikake Seasoning
- Hot Fries
- Mayonnaise mixed with wasabi (to taste)

Cook fries per package instructions and sprinkle furikake seasoning on hot fries. Serve immediately with wasabi mayo.

<https://heinstirred.com/homemade-furikake-seasoning-seaweed-fries/>

### Chili Oil Eggs Over Rice

- 1-2 tablespoons chili oil
- 2 eggs
- Salt & pepper to taste
- Rice
- Soy sauce
- Green onions
- Furikake seasoning

1. Cook rice
2. On medium-high heat, add chili oil and crack in 2 eggs, and cook for 1-2 minutes. Cooking time will depend on how cooked you like your eggs.
3. Plate rice, add eggs, top with green onions & furikake. Serve immediately.

<https://www.pinterest.com/pin/169518373465413315/>



## Easy Sushi Bake (Hawaiian)

- 3 cups cooked short-grain rice
- 8 ounces imitation crab meat
- 5 tablespoons Kewpie (Japanese mayonnaise)\*
- 1 ripe avocado (thinly sliced)
- ½ tablespoon soy sauce
- Furikake seasoning
- 4-5 sheets nori (roasted seaweed) for serving
- Vegetable oil
- Spicy mayonnaise (optional)
- 1 ½ tablespoons Kewpie (Japanese mayonnaise)\*
- 6 drops sriracha

1. Preheat the oven to 375F. In an oven-safe baking dish that is large enough to hold about 3 ½ cup of food, lightly rub or brush the baking dish with a thin layer of vegetable oil. Set aside,
2. Separate the imitation crabmeat with your hands. If the crabmeat is too long, cut into smaller pieces. Place in a large bowl. Add 5-tablespoon mayo. Mix well. Set aside.
3. In a small bowl, combine 1 ½ tablespoons mayo with sriracha. Set aside.
4. To assemble, add the hot cooked rice to the prepared baking dish and pat down lightly. Smooth out the top. Let the rice cool for about 5 minutes. Sprinkle a layer of furikake on the rice. Then, place the avocado slices in a single layer (little overlap is OK). Top with the imitation crab. Pack tightly. Gently spread the spicy mayo over the crab.
5. Bake in the oven for 10 minutes. If you have a broiler, broil for 3 more minutes until lightly golden brown. If you don't have a broiler, turn up the heat to 450F and cook for 5 more minutes until lightly golden brown.
6. While the sushi is baking, cut the sheets of nori into smaller squares.
7. Remove from oven. Drizzle the soy sauce over and sprinkle with another layer of furikake. Serve the dish family-style. Scoop a little bit onto a piece of nori, wrap it like a sushi roll & eat – or just eat it with a fork.
8. \*NOTE: Kewpie is Japanese mayo. It is richer than regular mayo. You can get it at most Asian supermarkets – but you can also make it. For 1 cup of American mayo, add 2 tablespoons rice vinegar and 1 tablespoon sugar. Whisk until sugar dissolves. For 1 tablespoon American mayo, add ½ tsp. rice vinegar and 1/8 tsp. sugar.



<https://www.themissinglokness.com/2020/10/29/easy-sushi-bake/>

## Best Vegan Fried Rice

- 3 cups cooked white rice
- 2 tablespoon vegan butter (or just butter if you want)
- ¼ cup soy sauce
- ½ tablespoon rice wine vinegar
- ½ tablespoon sugar
- 1 cup chopped onion (about ½ onion)





- ½ cup frozen or fresh peas
- ½ cup frozen or fresh carrots finely chopped
- ½ cup frozen or fresh shelled edamame
- 2 tablespoon furikake seasoning, as topping
- 2 tablespoon green onions, as topping (optional)

1. First, cook the rice according to package instructions. You will need 3 cups of cooked white rice total. The rice can also be made the day before and is actually better if cold and refrigerated.
2. Once the rice has been cooked, prep the rest of the ingredients. First, chop all the vegetables including the carrots and onion and set aside the peas and edamame. Then, whisk together the soy sauce, rice wine vinegar, and sugar to form a thin sauce.
3. Next, add the butter to a wok and turn on the heat. (A frying pan works if you don't have a wok). Once the butter has melted and the wok is hot, add in the onion and cook for 2 minutes on high heat until translucent. Then, add in the rest of the vegetables (edamame, peas, carrots), and cook another 2 minutes.
4. Next, add in the stir-fry sauce and cooked white rice and stir-fry for another 2-3 minutes. Make sure to stir to evenly mix in the sauce and break up any rice clumps that may form.
5. Remove the fried rice from the heat and serve immediately. Top with furikake seasoning or sliced green onions for extra favor.
6. NOTE: Fried rice can be stored in a closed container in the fridge for 3-4 days or in the freezer for up to 3 weeks. Reheat in the microwave or on the stovetop until warm throughout.

<https://shortgirtallorder.com/best-vegan-fried-rice>

### Furikake Popcorn (6 to 8 servings)

- 12 cups plain popped popcorn
- 6 tablespoons unsalted butter
- ½ granulated sugar
- ¼ tsp. fine salt
- ¼ tsp. baking soda
- 3 tablespoons furikake

1. Arrange a rack in the middle of the oven and heat to 250F. Line a rimmed baking sheet with parchment paper or a silicone baking mat; set aside.
2. Place the popcorn in a large stockpot, roasting pan, or bowl – something large enough where you can stir it easily without popcorn falling out.
3. Melt the butter in a small, heavy-bottomed saucepan (at least 1 ½ quarts) over medium heat. Add the sugar and stir until moistened. Increase the heat to medium-high and bring to a boil. Continue to boil for 3 minutes, stirring and scraping the bottom and sides of the saucepan as needed with a rubber spatula (the mixture and any foam on top should darken to the color of light maple syrup).



4. Remove the saucepan from the heat. Carefully whisk in the salt and baking soda (it will bubble up violently!). Continue whisking until you have a thick, glossy sauce. Immediately drizzle the mixture over the popcorn while continually stirring with the rubber spatula. Sprinkle the furikake over the popcorn and stir to coat the popcorn.
5. Transfer the popcorn to the baking sheet and spread into an even layer. Bake until a cooled piece of popcorn is very crunchy, about 30 minutes, stirring halfway through. (To test for doneness, take a few pieces of popcorn out of the oven and let cool for 30 seconds. If they are crunchy, then the popcorn is done.).
6. Let the furikake popcorn cool for at least 5 minutes before serving – it will crisp as it cools.
7. NOTE: Storage – The completely cooled furikake popcorn can be stored in an airtight container at room temperature for up to 5 days.
8. NOTE: Popcorn – you can either pop your own corn or for more convenient options, buy plain or just salted (no butter flavoring) microwave popcorn or already-popped popcorn.

<https://www.thekitchn.com/recipe-furikake-popcorn-227772>

### Japanese Rice (4 servings)

- 1 cup short-grain brown rice & water (cook as per package instructions)
  - Generous pinch of salt
  - 2 scallions, sliced (white ends separated)
  - 1-2 tsp. sesame oil
  - 1-2 tsp. rice vinegar
  - ½ - 1 tsp. furikake
1. Rinse the rice, or if you have time, soak for 20-30 minutes. Drain.
  2. Add rice, water, salt, white end of scallions, and sesame oil to a medium pot, and mix and bring to a simmer.
  3. Cover tightly, lower heat to low, and cook at a gentle simmer until the rice soaks up all the water, about 45 minutes. Check at 35-40 minutes, continuing to cook until all the water is gone. Let stand 10 minutes covered.
  4. Toss the rice with a couple of teaspoons of rice vinegar, and place in a bowl. Sprinkle with the furikake seasoning and green ends of scallions.
  5. Rice will keep up to 4 days in the fridge.
  6. Interesting fact: Studies show that cooling the rice in the fridge and eating it cold actually changes it and makes more of a “resistant starch” – so good for your gut bacteria. Also adding vinegar lowers the glycemic index.



<https://www.feastingathome.com/japanese-rice/>

### Griddled Rice Cakes with Furikake

- 2 packed cups warm or cold cooked sushi rice

- 1 tablespoon all-purpose flour
- ¼ tsp. salt
- 3 tablespoon vegetable oil, divided
- Furikake or soy dipping sauce, for serving

1. Spread 2 cups cooked Japanese rice across the bottom of a medium bowl. Sprinkle with 1 tablespoon flour and ¼ tsp. salt. Using a rice paddle or wet hands, fold and fluff the mixture until the grains of rice are coated and there is no loose flour.
2. Prepare a small bowl of water. Divide the rice mixture into 4 portions, wetting your hands as needed with the water if the rice is sticky. Working one portion at a time, form and press into a tight ball. Press the ball into a rough 3-inch-2 inch, ½-inch-thick disk. Press the sides of the disk to smooth the edges. Transfer to a plate.
3. Heat 2 tablespoons of the vegetable oil in a medium nonstick skillet over medium heat until shimmering. Swirl the pan so the oil evenly coats the bottom. Add the rice cakes and cook until deep golden-brown on the bottom, about 5 minutes. Gently flip the rice cakes. Add the remaining 1 tablespoon oil to the skillet. Cook, sliding the rice cakes around as needed so they come in contact with the oil, until the rice cakes are deep golden-brown on the second side, 4-5 minutes more. Serve topped with a generous sprinkle of furikake, or dip in your favorite soy dipping sauce.
4. NOTE: Serve these rice cakes with your favorite soy dipping sauce, or alongside Japanese curry or any saucy, stewy meat.



<https://www.thekitchn.com/griddled-rice-cakes-recipe-23269303?epik=dj0yJnU9c2NER1hKdVRGRDFTanZQcFNSTFQxSFc1bFdaMWZzcC0mcD0wJm49X0dDTmV2aVNFNzJ6d21rMERNellJZyZ0PUFBQUFBR01fSFhv>

### All-Day Noodles with Fried Egg and Furikake (4 servings)

- 14 oz. dried somen or soba noodles
- 2 tablespoon vegetable or grapeseed oil, plus extra for frying eggs
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- 4 ½ tsp. ginger, finely grated
- 2 garlic cloves, finely chopped
- 4 spring onions, thinly sliced, white and green parts reserved separately
- 6-7 tablespoons soy sauce
- 3-4 tablespoons brown rice vinegar, or to taste
- 1 tablespoon roasted chili oil, or to taste
- 1 tablespoon sesame oil
- 4 eggs
- Furikake, to serve



1. Cook noodles in a large saucepan of boiling salted water, stirring occasionally to prevent noodles sticking together, until just tender (2-3 minutes). Drain well.
2. Heat oil in a wok or deep frying pan over medium-high heat. Add ginger, garlic and white parts of spring onion, and stir-fry until fragrant (1-2 minutes). Add noodles, stir-fry to coat, then remove from heat and add soy sauce, vinegar, chili oil and sesame oil, and toss to combine.

3. Heat a little extra vegetable oil in a large frying pan over medium heat and fry eggs in batches until cooked to your liking (1-2 minutes for soft yolks).
4. To serve, divide noodles and sauce among serving bowls, top with an egg, and scatter with spring onion green and furikake.

<https://www.gourmettraveller.com.au/recipes/browse-all/all-day-noodles-with-fried-egg-and-furikake-12704>

### **Furikake Chex Mix (Hawaiian) – 6 servings**

- 1 cup Rice Chex or 1 cup Crispix cereal
- 1 cup Wheat Chex or 1 cup Crispix cereal
- 1 cup Corn Chex or 1 cup Crispix cereal
- 1 cup honeycomb cereal (optional)
- 1 cup pretzel sticks
- 1 cup dry roasted peanuts (or other nut of choice)
- ½ cup butter
- 6 tablespoons sugar
- 6 tablespoons light corn syrup
- 1 ½ Tablespoons soy sauce
- ¼ cup oil
- 1 tablespoon Worcestershire sauce
- ½ tsp. Tabasco sauce
- 2 tablespoons furikake



1. Preheat the oven to 250F.
2. Mix together all the cereals, pretzels, and peanuts in a large baking pan.
3. In a medium-sized saucepan over medium to medium-high heat, melt butter.
4. Add sugar and dissolve well.
5. Add corn syrup, soy sauce, oil, Worcestershire sauce, and Tabasco sauce. Stir until blended well; it works best if you heat until it reaches the hard ball stage (about 250F).
6. Pour over cereal mixture and mix well.
7. Put into the oven.
8. After 15 minutes, remove from the oven, and add furikake. Mix around to evenly distribute furikake and sauce from the bottom.
9. Continue baking for about 1-2 hours, stirring every 15 minutes. The cooking time fluctuates depending on how crispy you want it, and how humid it is.
10. Store in an air-tight container or Ziploc bags.
11. NOTE: Bugles are also yummy in this recipe if you want to add some for some of the cereal.

[https://www.food.com/recipe/steves-often-copied-never-duplicated-furikake-chex-mix-360282?utm\\_campaign=yummly&utm\\_medium=yummly&utm\\_source=yummly](https://www.food.com/recipe/steves-often-copied-never-duplicated-furikake-chex-mix-360282?utm_campaign=yummly&utm_medium=yummly&utm_source=yummly)



## **Onigiri Japanese Rice Balls**

### **(Makes 6-8 rice balls – great for lunches)**

- 1 cup short grained rice – sushi rice
- 1/5 cups water
- Pinch of sea salt
- Sprinkle of rice vinegar

### **Salmon Furikake Mix (You can use other filling options)**

- 1 cup salmon (baked, grilled, or smoked), shredded
- ½ to 1 tablespoon mayonnaise
- Pinch of salt and pepper
- Sprinkling of furikake to taste
- Other topping options: red shiso powder (yukari), Dried salmon flakes (sakebushi), dried seaweed (nori)



1. Wash the rice until the water runs clear. This takes longer than you think. Soak the rice for 30 minutes and then drain. Transfer to a rice cooker along with 1.5 cups water and cook.
2. While the rice is soaking and cooking, prepare your filling of choice.
3. For the Salmon Furikake Mix, mix all the ingredients together in a bowl and set aside.
4. Once the rice is done cooking, add a little bit of rice vinegar and sea salt and mix. Let the rice cool enough to be able to handle.
5. Wet your hands and scoop ¼ cup rice into the palm of your hand. Make an indentation and place your filling of choice in the middle. Shape the rice around the filling into a triangle ball, or cylinder shape.
6. Place a sheet of seaweed on the bottom.
7. Sprinkle the rice ball with your choice of rice seasoning (furikake).

<https://megiswell.com/onigiri-japanese-rice-balls-2/>

## **Resources at Fluvanna Library**

Cooking the Japanese Way – by Reiko Weston – J 641.1 WES

Effortless Bento – 641.5952 SHU

The Gluten Free Asian Kitchen – by Laura Russell – 641.5638 RUS

Japanese Home Cooking – by Sonoko Sakai - 641.5952 SAK

Let's Make Ramen! – by Hugh Amano – GN YA 641.82 AMA

Noodle Kids – by Jonathon Sawyer – J 641.2 SAW

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