

Ozouni Making

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

Preparing for the Day

What to Buy (for 2 buddy classes):

Mochigome * (sweet rice)

Ozouni at JBBP will have smaller mochi

✓ Large sized daikon * (Japanese White Radish).

Please buy big ones (at least 3 inches in diameter) that are fresh looking (not squishy).

- ✓ Carrots: Please pick BIG, THICK carrots (children will use cookie cutters to make carrot "sakura")
- ✓ Spinach (optional)
- ✓ Katakuriko (potato starch)
- ✓ Red(Pink) and White Kamaboko (Fish paste cake) **



2 ways of making the Broth: Original & Easy

Original Broth (follow steps 1)

- Hanakatsuo **(shaved bonito flakes) 1 pack (of 100g)



- Kombu **(dried seaweed) 4 pieces (of 10cmx10cm)
- Cooking sake
- Saltiness
- Soy Sauce*

Easy Broth (follow steps 2)

- ✓ Katsuo Dashi or Hondashi*: Powdered bonito soup stock (Nijiya market carries ones that says no MSG.) 48g (or approx. 3Tbs)



- ✓ Cooking Sake
- ✓ Salt
- ✓ Soy Sauce*

*From Asian Market or Japanese Market

**Best purchased at Japanese Market

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

At Japantown, Post & Webster

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

[Other equipments/utensils]:

- ✓ Mochi Makers: At the Japanese Office. Please get it from Yuka sensei
- ✓ Vegetable cutters: Please ask your classroom teacher or the Japanese office
- ✓ Trays: Please ask your classroom teacher
- ✓ Wax paper (for lining the trays)...
Some teachers just put chart papers on the tables instead of trays and wax papers
- ✓ Ladles

- ✓ Stoves: Please ask your classroom teacher in advance.
- ✓ Owan bowls: Sets of 60 owans at the Japanese Office. Please ask Yuka sensei.
- ✓ Plastic spoons
- ✓ Chopsticks (if available)

<<Parents Volunteer's Preparation at home>>

Preparing Sweet Rice (1 Day before)

Figure out how many machines you will be using, and measure the rice needed for each machine. FYI, one upper class + one younger class used 7 cups of mochigome for each of the three machines (7 cups x 3)

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 (1 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)

-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. ++Broth making needs to get started first thing in the morning. (since it will take a while to heat/cook with an electric stove.)
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).
(電気コンロの火力が弱いので作り方をアレンジしてあります。)

Step 1 Original (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 Big, thick 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. Sccop all the Hanakatsuo out of broth with strainer and add sake, soy sauce and salt.
 5. Adjust the seasoning to taste.

Step 2 Easy (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 radish) - sliced and cooked
 - 3 Big, thick 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.** (Mochi left to cool too long will get hard)

After the mochi is pounded, place them on a tray that are powdered with potato starch (katakuriko). Put potato starch around the clump of mochi. Wait until mochi is cool enough to touch (it will get hard if you leave them too long). Then have the children make 2-3 small balls (a little over an inch in diameter.)

＜片栗粉はどの時点でまぶしていますか？また子ども達は何個位おもちを丸めたものをつくればいいでしょうか？＞

片栗粉はつきたてのお餅にまぶしても、まぶさなくても、多分あまり変わりはないようです。子供たちの手に少し粉をつけて、トレイに十分ひいて、触れる程度に冷め次第、どんどん丸めていって、出来次第、お椀にいれて出汁をいれておけば、固くならないはずです。