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Rice Craft: Yummy! Healthy! Fun to Make!

Sonoko Sakai

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Sonoko Sakai : Rice Craft: Yummy! Healthy! Fun to Make! before purchasing it in order to gage whether or not it would be worth my time, and all praised Rice Craft: Yummy! Healthy! Fun to Make!:

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There's not a lunch box, birthday party, or afternoon snack that isn't made more delicious and fun with onigiri! These bite-size balls of rice can be made with favorite and nutritious ingredients, and are easily shaped and decorated to make animals, flowers, and more. This book features more than 30 recipes for flavorful onigiri with a range of fillings as well as master recipes for cooking rice, plus extras to round out the meal: a miso soup to float the rice balls in, perfect soft eggs to wrap in rice, and pickled ginger to serve on the side. More than 20 color photographs inspire new creations and teach kids and adults alike to make these creative treats.

About the AuthorSonoko Sakai is a Los Angelesndash;based cooking teacher and cofounder of Common Grains and the Southern California Heritage Grain Project.Matt Armendariz is a food photographer based in Los Angeles.