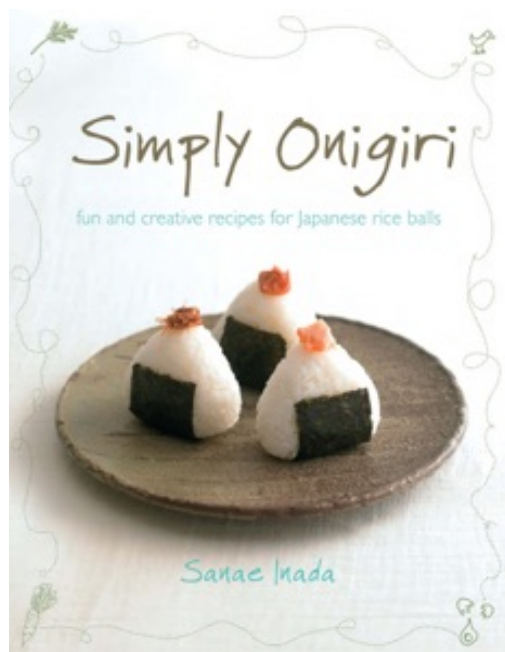


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One of Japan's favourite comfort foods, the onigiri or rice ball is quick and easy to put together, nutritious, low in fat and most importantly, tasty! Popular among both adults and children alike, onigiri can be filled, mixed or wrapped with almost any ingredient, moulded big or small, and formed into balls, triangles, rectangles, squares or any other shape you fancy! With this collection of 50 recipes, discover the endless variety of onigiri that you can create with just a few simple ingredients today!

50 recipes for Japan's favourite snack, the onigiri (rice ball)

Includes a step-by-step guide to cooking perfect rice for onigiri

Features new and creative ideas for onigiri as well as traditional onigiri well-loved in Japan for centuries

Recipes are easy-to-follow and require only a few simple steps to make, ideal for beginners as well as busy home cooks

### About the Author

Sanae Inada was born in Kobe where she learnt to appreciate the use of seasonal fresh ingredients to prepare simple but tasty dishes. An avid home cook and baker, Sanae trained in macrobiotics and believes that we can achieve physical and emotional wellness through a well-balanced diet that is high in fibre and low in fat. Her training is evident in this collection of recipes for onigiri, where she has introduced a wide variety of recipes for enjoyment and nutrition.

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