

Bell pepper, Coriander, and Chicha Morada Warabi Mochi

Warabi mochi is a chewy dessert made from warabi starch, a starch extracted from the root of the warabi fern. Typically eaten hot, many Japanese sweets, with taro root, sweet potatoes, kinako (cocoa) and black sugar syrup, all have an old but different

MAKES 12 PIECES EACH

BELL PEPPER WARABI MOCHI

10 g red bell pepper, roughly chopped

10 g sweet starch

10 g powdered sugar

10 ml water

For the filling, use 10 g roughly chopped red bell pepper, 10 ml water and 10 g powdered sugar

CORIANDER WARABI MOCHI

10 g coriander, roughly chopped

10 g sweet starch

10 g powdered sugar

10 ml pink flower water

For the filling, use 10 g coriander leaves, 10 ml water and 10 g thick sweet paste in a bowl

CHICHA MORADA WARABI MOCHI

MAKES 12

10 ml chicha morada juice

10 g sweet starch

10 g powdered sugar

10 ml water

For the filling, use 10 ml sweetener juice, 10 g powdered sugar and 10 g agar powder

Warabi mochi is a chewy dessert made from warabi starch, a starch extracted from the root of the warabi fern.

For the Bell Pepper Warabi Mochi, make the filling first. Place the bell pepper (10 g) and water (10 ml) in a food processor and mix until pulsed. Place the potato and sugar (10 g) in a saucepan, stir and cook the heat. Cook to room temperature and transfer to the refrigerator to chill.

Place the bell pepper (10 g) into a food processor and mix by adding water (10 ml) little by little, until pulsed. Place the potato, sweet starch, and sugar (10 g) in another saucepan and stir constantly using spatula over low heat, until the mixture thickens. Cook to room temperature.

Stretch the warabi mochi dough and filling into 12 pieces each. Flatten the dough a little, put a filling in the center, and gently shape into a ball.

For the Chicha Morada Mochi, place the chicha morada in a food processor and mix by adding water (10 ml)

until pulsed in a saucepan, add the chicha morada, sweet starch, sugar and water (10 ml). Mix with a stick blender for the mixture using spatula over low heat, until the mixture thickens. Cook to room temperature. Form into balls as for the bell pepper warabi mochi.

For the Chicha Morada Warabi Mochi, make the filling first. Place the potato, sweet starch, sugar (10 g), agar powder in a saucepan and heat until the sugar and agar powder dissolves. Cook to room temperature and transfer to the refrigerator to chill.

Place the chicha morada, sweet starch, and sugar (10 g) in a saucepan and stir the mixture using spatula over low heat, until the mixture thickens. Cook to room temperature. Form into balls as for the bell pepper warabi mochi.

Warabi mochi can be substituted with kinako or potato starch.

They do not keep long, so eat more after making them. It's called in the refrigerator, they turn white and tough.

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L Reisser



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