

# DEEPLY REGIONAL JAPAN®

## ‘IMO-MOCHI’: JAPANESE STICKY POTATO CAKE

29 May 2020



*Imo-mochi topped with sweetened miso paste and pink peppercorns*

### INGREDIENTS (for approximately 10 to 12 pieces, for 4 to 6 persons)

- Potato (any variety suitable for mashing) c. 800 g
- Glutinous rice flour c. 1½ cups (adjust depending on the texture of potatoes)
- White wheat flour (preferably organic) c. ½ cup (adjust depending on the texture of potatoes)
- Raw sugar c. 1 level tablespoon
- Unrefined sea or rock salt c. ½ level teaspoon
- Water c. ½ cup or as required
- Butter or coconut oil For light pan-frying

For a completely flourless version, see the recipe for ‘**anpura-mochi**’, the northern Japanese-style sticky potato cake.



## INSTRUCTIONS

1. Wash and peel the potatoes. Cut into pieces c. 5 cm across. Place in a saucepan and cover with water. Bring to the boil on medium heat, covered with a lid.



2. Once the potatoes are cooked through (test with a thin bamboo skewer or similar; it should go through without resistance) but still firm (not falling apart), remove from the heat and tip out the boiling water. Refill the saucepan with fresh water to cover the potatoes, then tip out the water to rinse away any remaining froth.



3. Refill the saucepan with a little water, such that it stands c. 1 cm at the base of the saucepan. Place back on medium heat and bring back to the boil. Stir continually to prevent burning. Once all the liquid has evaporated, remove from the heat and allow to cool for handling.



4. Mash the boiled potatoes while warm to a smooth paste. Transfer to a large bowl, combine with the glutinous rice and wheat flours, sugar and salt. Mix thoroughly.



5. Add water in increments, mixing continually, to form a smooth dough. The consistency should be quite soft (softer than a normal bread dough), but NOT wet and sticky—the dough should be solid enough to hold together and not stick to your hands when handled. [You may need to adjust the amount of water depending on the type of potato used. Take particular care not to add too much water. If the dough has become too wet, adjust with additional potato starch.]



6. Divide the dough into equal parts and roll into rough balls 4 to 5 cm across. Then, flatten each ball gently to form a disc 2 to 3 cm thick. Ensure that the top and bottom of the discs are as flat as possible for even baking.



7. Heat the butter or coconut oil in a wide, shallow pan over medium heat. When the oil has heated (test with a tiny piece of the mochi dough, which should bubble or gently sizzle), place the mochi in the pan and gently press down with a spatula to ensure that the base of each mochi is sitting flat on the pan. Once the mochi is sizzling steadily, lower the heat to low–medium and slowly bake for a few minutes without disturbing.
8. After a few minutes, monitor progress by using a spatula to gently lift the base of the mochi. Turn each mochi over when the base is starting to become crisp and light brown. [If the mochi is stuck firmly to the pan, do NOT force it to lift off the pan, as it generally will loosen once the base is sufficiently cooked.] Turn over a few times to ensure even cooking, until both sides are golden brown and crisp.



9. When the mochi is cooked, remove from the heat, and drain excess oil on a piece of paper towel.
10. Serve while warm. Top with a miso-based flavouring paste or sauce (please enquire for recipes by e-mailing [hashimoto@grapevine.com.au](mailto:hashimoto@grapevine.com.au)) or a sauce of your choice before serving, plus any garnish such as finely chopped shallot, spring onion or parsley leaves, dried chilli flakes or shichimi (Japanese seven-spice chilli powder), ground or cracked black pepper, or toasted sesame seeds.
11. If not enjoying straight away, store your mochi in a sealed container in a cool spot out of direct sunlight—it will keep for a day. To refresh a mochi that has gone cold and

stiff, reheat slowly in a frying pan over low heat for a few minutes just before serving, taking care not to burn the mochi.