

# Grilled Japanese Onigiri

Cuisine: **Chinese**  
Food category: **Side dishes**



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## Program steps


Preheating:


225 °C


1


 Combination


 30 %

 Termination by time

 02:00 mm:ss

 210 °C

 90 %



Ingredients - number of portions - 10		
Name	Value	Unit
japanese rice balls	100	g

seasoning recipe		
Name	Value	Unit
flax oil	10	ml

Nutrition and allergens	
Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	17.3 kJ
Carbohydrate	2 g
Fat	0.5 g
Protein	0.6 g
Water	0 g

Directions

◇ Before frying Japanese rice balls, place them in the refrigerator to keep the surface dry and flat

◇ Cook with a flat baking pan, the thickness of the flat baking pan is sufficient, and the heating and heat conduction is fast and the effect is good

◇ Fry the grilled surface of Japanese rice balls, and brush a layer of sesame oil on the surface

◇ Brush a thin layer of flax oil on the surface to create aroma and more crispy heat conduction effect

◇ High-temperature roasting for short-term coloring, fast and convenient mass production and improved efficiency

## Recommended accessories



Vision Bake