

Green Tea Rice Cake

Ingredients (serves 2)

Shiratama flour.....16 g
(A kind of glutinous rice flour)
Water.....90 g
Potato starch.....32 g
Sugar.....40 g
☆Sugar.....10 g
☆Green tea powder.....1 g
☆Water.....10 g
Potato starch••Appropriate amount



Nutrient Analysis per Serving

Calories.....181 Cal
Protein.....0.7 g
Potassium.....20 mg
Phosphorus.....12 mg
Sodium.....0 mg
(Sodium chloride equivalent.....0.0 g)

Directions

1. Mix the white sugar and green tea with a [☆], and add water with a [☆] little by little and dissolve with a whisk.
2. Put the rice flour in a heatproof container, add water little by little, and let it dissolve so that there are no lumps.
3. Add 1 to 2 and mix together, then add the potato starch and sugar, and mix until smooth.
*If you are worried about lumps, strain it.
4. Heat in a microwave at 600W for 30 seconds and mix carefully with a rubber spatula. Repeat 3 or 4 times.
*After the second time, clumps will form and become elastic, so mix the clumps and water thoroughly.
*The third time, it puffs up. By the fourth time, it becomes translucent.
* If it doesn't puff up, add more 30 seconds at a time and repeat until translucent.
5. Put the translucent rice cake from step 4 on a plate or bat lightly coated with a little extra potato starch.
6. After coating both sides of the rice cake with starch, cover the top with plastic wrap and roll out into a rectangle, flattening it with a rolling pin.
7. Remove the plastic wrap, then cut into three equal pieces, and place on a serving dish.

Points

- By adding potato starch to rice flour, the amount of protein can be reduced to about 1/3 of that of commercial products on the market.

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