

# MOCHI

## COOKED & POUNDED SWEET RICE

### TRADITIONAL POUNDING



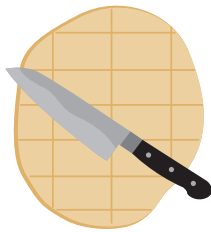
**1** Traditional pounding of cooked sweet rice into a thick, sticky dough with rhythmical mallet swings.

Turning the dough with wet hands - cold water keeps hands and mallets from sticking.



**2** Dough is rotated in the vessel. A pounder or third person dips hands in cold water to turn the dough. The process must proceed smoothly to completion because the dough becomes stiffer as it cools.

**3** Pounded mochi spread into 1/2" thick sheets, allowed to firm up for 3 days, then cut into pieces.



Pounding and turning continues until the sweet brown rice is a smooth dough. This requires a great deal of energy.

### LEGEND

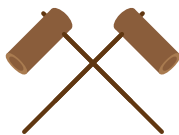
WOOD or STONE MORTAR



WATER



WOOD MALLET x 2



COOKED SWEET BROWN RICE



KNIFE



EDEN Mochi - granite stone pounded sweet brown rice helping create its strengthening qualities and famous texture.



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