



**Cooking with**

**JAPANESE  
RICE  
FLOUR**

**New Recipes by  
Japan's Top Chefs**



# Introduction

Since its foundation, Rice Stable Supply Support Organization (“Rice Organization”) has been supporting projects that promote the steady supply of rice as the staple grain in Japan, serving as a designated corporation in accordance with the “Act on Stabilization of Supply, Demand and Prices of Staple Food.”

In addition to taking part in projects that help expand the demand for rice, the organization is also actively engaging in sharing information with the public about rice by offering workshops and other events that aim to create new demand for Japanese rice flour and other rice products.

Among the dietary and health issues we are facing today, the most common is food allergy. More and more people are suffering from food sensitivity triggered by dietary changes and other factors. This is why there is a growing interest in Japanese rice flour as a gluten-free option.

In March 2017, with the aim of promoting the consumption of Japanese rice flour products, the Japanese government has released “Japanese Rice Flour Standards by Use” and “Labeling Guidelines to Promote Japanese Rice Flour Products” (generally referred to as gluten-free food labeling).

In light of such circumstances, this recipe booklet has been developed with the objective of expanding the use of Japanese rice flour. Created by top chefs specializing in Japanese, Western and Chinese cuisines, the unique recipes use different types of Japanese rice flour that best fit the purpose (with No.1 being suitable for baking and cooking, No.2 for bread and No.3 for pasta and noodles). Each recipe is accompanied by a comment by Yukio Hattori to make it easy to understand the benefit of using Japanese rice flour.

We hope that you will find this booklet useful in understanding the distinct properties of Japanese rice flour so that you can incorporate it in many different applications.



Rice Stable Supply Support Organization, Public Interest Incorporated Association  
Chairperson  
**Susumu Fukuda**

# Japanese rice flour now easy to choose and use for variety of products !

There is growing interest in a new type of Japanese rice flour that can be used in place of wheat flour to prepare a variety of foods, such as bread, cakes and pasta. This variety of Japanese rice flour is different from the ones which have been used in making traditional Japanese snacks such as rice crackers and rice dumplings.

The type of flour to be used depends on which products are made. This is why there are varieties of rice developed to have properties that suit specific purposes. For example, for making bread, it is recommended to use a variety of Japanese rice flour that causes less starch damage and makes the bread rise more easily. Japanese rice flour has been known to be rather tricky to use, as there are many different varieties and manufacturing methods available, causing a difference in the quality and properties among different types of products.

This is why the Japanese government set the “Japanese Rice Flour Standards by Use.” Wheat flour is labeled as either pastry flour, all-purpose flour or bread flour so that the consumers can choose according to the usage. The same labeling method is now available with Japanese rice flour, indicating whether it should be used for baking/cooking, bread or pasta/noodles.

This has made it much easier for the consumers to know which kind of Japanese rice flour to use for what purpose. We hope this new standard encourages you to select a specific type of Japanese rice flour for your needs.

**Before**

I am not sure which rice flour I should use!

**Now**

I can choose the right type of rice flour for what I want to make!

**The package indicates the number and usage.**  
(Whether or not the product contains gluten is clearly indicated on the label.)

Japanese rice flour is grouped into three categories according to usage: baking/cooking (No.1), bread (No.2) and pasta/noodles (No.3). Consumers can look at the label and number on the package to choose the right type of Japanese rice flour for what they are making.



## Cooking with Japanese rice flour suitable for specific dishes

# Four professional chefs share easy-to-prepare recipes that make use of the unique properties of Japanese rice flour.

Mr. Hattori points out the benefit of using Japanese rice flour in each recipe

## Yukio Hattori



Born in Tokyo. Chairman/President of Hattori Academy and Hattori Nutrition Collage. Doctor of Medical Science. Ambassador of Japanese cuisine. Graduate of Rikkyo University. Obtained a Ph.D. from School of Medicine at Showa University. Hattori is the recipient of the Medal with Blue Ribbon and has been named the Chevalier (Knight) of Légion d'honneur (of the Legion of Honour) as well as the Chevalier of the Ordre national du Mérite (National Order of Merit) and Officier of the Ordre du Mérite Agricole (Order of Agricultural Merit) by the French president. He received the Minister of Health, Labour and Welfare's Award, the Minister of Education, Culture, Sports, Science and Technology's Award and Food Industry Achievement Award (Special Award). He serves as the Chairman of the Japan Association of Training Colleges for Cooks, Executive Director of the Japan Association of Training Colleges for Nutritionists, Chairman of All Japan Culinary School Association, Director of the Washoku Association of Japan, Chairman of Japan Washoku Association, Chairman of NPO Japan Food Education Association, member of the Shokuiku Promotion Committee of the Ministry of Agriculture,

Forestry and Fisheries and Chairman of the Expert Committee for Promoting Shokuiku. He takes part in the committees of the Cabinet Office, Ministry of Health, Labour and Welfare, Ministry of Agriculture, Forestry and Fisheries and Ministry of Education, Culture, Sports, Science and Technology. He serves as the Vice Chairman of the National Council for Early to Bed, Early to Rise Plus Breakfast and committee member of the Local Specialty Recognition Committee.

He is the affiliate professor of Showa University (School of Medicine), affiliate professor of Hiroshima University (School of Medicine), affiliate professor of Tokyo University of Agriculture, instructor at the University of Tokyo (Promotion of International Strategy on Comprehensive Cancer Research) and teaches at many other places. He is also active on TV and radio.

Published works include the newly released "Shokuiku Book" (Kirasiene), "An Illustrated Guide to Japanese Cooking and Annual Events" (Tankosha Publishing), "Shoku-iku Ryoku" (Magazine House), "Yukio Hattori's Shokuiku Dokuhon" (C&R Research) and many others.

## Hisashi Imai

Owner/Executive Chef at Taverna I



Born in Tokyo.

Imai started cooking professionally at the age of 21 and has trained at a number of restaurants of different cuisines.

He joined Asakusa View Hotel in 1988 to work at an Italian restaurant, Ristorante la Verita, and then became the chef at Trattoria Bucchina in 1992.

In 1997, Imai joined Ristorante Dontarian run by Iron Chef Hiroyuki Sakai. He opened Osteria Il Piccione in 1999 and ran the kitchen. He specializes in Italian regional cuisine that has been passed down through generations.

He currently works as the owner/executive chef at Taverna I.

Vice President of Japan Branch of Artusi Chef Association. Imai has been awarded with the Maestro title by Association of Professional Italian Chefs (APCI). Member of Associazione Cuochi Cucina Italiana.

## Yoichiro Funase

Owner of AWORKS CHEESE CAKE CAFE  
CPA Certified Cheese Professional  
CPA Certified Cheese Professional Instructor  
Cheese Expert



Funase started off his cheesecake career as the owner of Café Azzurro (closed) in Chatan-cho, Okinawa, then Azzurro Cheesecake Works (closed) in Chigasaki City, Kanagawa, and now AWORKS CHEESE CAKE CAFE.

He has delved deeply into the world of cheesecakes for the past 15 years.

Funase has also been actively taking part in projects eliminating food waste.

## Yuji Tateno

Owner/Executive Chef at Michiba Washoku Tateno



Tateno started off as an apprentice to Rokusaburo Michiba in 1984.

After working at Ginza Rokusan-tei, he opened Poisson Rokusaburo in Akasaka in 1997 and worked as the executive chef.

In 2008, he opened Michiba Washoku Tateno in Ginza, Tokyo.

As the No.1 disciple of Michiba, Tateno has been faithfully following his mentor's teaching in which "cooking is letting the ingredients attain Buddhahood."

Tateno is good at arranging traditional Japanese cuisine with the flexible mindset learned from Michiba.

In order to spread the know-how of his restaurant's food that allows for unrestricted creativity (referred to as "Michiba Washoku"), he has been offering cooking classes and preparing food at elderly homes and other welfare facilities. He has also been featured in various media.

## Hiroaki Suzuki

Executive Chef of Szechwan Restaurant Group



Suzuki moved to Tokyo right after graduating high school in 1982 to join Akasaka Szechwan Restaurant. In 1992, he became the executive chef at Ikebukuro Szechwan Restaurant.

In 2001, he became the executive chef at Akasaka Szechwan Restaurant.

In 2006, he received the Ambassador Extraordinary and Plenipotentiary of the People's Republic of China. In 2014, he was awarded the Tokyo Meister Award and the Minister of Health, Labour and Welfare's Award.

In 2017, he was appointed the executive chef of Szechwan Restaurant Group.

While working as the board member of the Japan Association of Chinese Cuisine, he is actively sharing his techniques on TV and magazines as well as at cooking schools.

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Owner/Executive Chef at Taverna I  
**Hisashi Imai**

# Lemon Clafoutis with Rice Flour



## NOTES

Unlike wheat flour, rice flour does not clump up easily, making the preparation effortless. Adding a moist and chewy texture, rice flour is a perfect choice for clafoutis that features a flan-like base.

This is a traditional baked dessert from the Limousin region of France. A batter is poured on top of fruit like cherries that are arranged on a tart pastry.

## Ingredients

(makes 6 to 8 servings)

\*For one 25 cm × 8.5 cm × 8.5 cm pan

70 g rice flour (No.1)

5 eggs

180 g sugar

200 mL milk

180 mL heavy cream

Zest of 1 lemon, minced fine

4 slices of lemon

Lemon jam (or orange/marmalade jam) for serving

Fruit (such as grapes) for garnish

## Directions

- 1 Crack the eggs into a bowl and add the sugar. Mix well.
- 2 Add the milk, heavy cream, rice flour and lemon zest, in that order, and mix to well incorporate the ingredients.
- 3 Thinly coat the pan with butter and line it with parchment paper. Pour the batter from Step 2. Bake in a preheated oven of 160°C for 20 minutes.
- 4 Remove the pan from oven once the surface starts to set. Place the lemon slices on top and return to oven. Bake for another 20 minutes.
- 5 Let it cool. Cut a slice and transfer to a plate. Serve with the lemon jam and garnish with the grapes or other fruit.



## Comment from Yukio Hattori

**T**he moisture and starch in the rice flour create the pleasant, custard-like consistency of this dessert. This recipe highlights the texture of the clafoutis.



Owner/Executive Chef at Taverna I

**Hisashi Imai**

# Rice Flour Cheesecake



## NOTES

Using rice flour solves the issue of the batter clumping up, making the mixing process quite easy. This cheesecake comes out very creamy, without leaving any unpleasant floury taste. In general,

there are three types of cheesecake in Japan: baked, soufflé and rare (no-bake). This popular cake is said to have existed even before the first century and evolved in the course of its worldwide journey.

## Ingredients (makes 8 servings)

\*For one 18 cm round cake pan

- 60 g rice flour (No.1)
- 150 g unsalted butter
- 150 g sugar
- 22 g powdered creamer
- 220 g cream cheese
- 3 eggs
- 4 g baking powder
- Maple syrup for drizzling
- Lemon slices (optional)

## Directions

- 1 Place the unsalted butter, sugar and powdered creamer in a bowl and mix very well.
- 2 Mix in the cream cheese.
- 3 Add the beaten eggs, rice flour and baking powder, in that order, and mix thoroughly.
- 4 Thinly coat the cake pan with butter and place a piece of parchment paper cut to fit the bottom of the pan. Pour the batter from Step 3. Bake in a preheated oven of 160°C for 20 to 25 minutes.
- 5 Remove from the pan and let cool. Cut into wedges and serve on a plate. Drizzle with the maple syrup and garnish each cake with a lemon slice (optional).



## Comment from Yukio Hattori

**T**he pleasant creaminess from the rice flour further enhances the velvety texture of the cheesecake. The recipe makes use of the property of rice flour that does not clump up.



Owner/Executive Chef at Michiba Washoku Tateno

Yuji Tateno

# Deep-Fried Shishamo Smelt and Vegetables with Vinegared Sauce

## Ingredients

(makes 4 servings)

Rice flour (No.1) for coating and batter

12 shishamo smelt

1 thin zucchini

1 Japanese eggplant

3 small fresh shiitake mushrooms

Oil for deep-frying

20 micro tomatoes

Microgreens for garnish

Ginger juice to taste

## Vinegared sauce

50 mL bonito stock

10 mL mirin (sweet cooking wine)

10 mL soy sauce

8 mL rice vinegar

1/2 tablespoon sugar

Potato starch mixed with water

## Directions

- 1 Stick each shishamo smelt through a bamboo skewer so that it forms a gentle curve. Coat it with the rice flour, dip it in batter made by mixing some rice flour and water and deep-fry in the oil heated to a medium temperature (about 170°C) until crispy. Set aside to blot the oil.
- 2 Use a vegetable peeler to thinly slice the zucchini into ribbons. Blanch and let cool in an ice bath. Blot dry on a paper towel.
- 3 Partially peel the skin of the eggplant to make a striped pattern. Cut it into 6 thick rounds and then halve each piece to make 12. Trim the end of the shiitake mushroom stems and cut each piece into quarters. Dip everything in batter of rice flour and water. Deep-fry until crisp in the oil heated to medium high (180°C).
- 4 Combine all the ingredients for the sauce in a small pot and let it come to a boil.
- 5 Lay 2 zucchini ribbons on a large plate. Just before serving, deep-fry the shishamo smelt, eggplant and shiitake mushrooms once again. Arrange them on top of the zucchini. Add the ginger juice to the sauce from Step 4 and drizzle some on the plate. Garnish with the micro tomatoes and microgreens.



## NOTES

Batter made with rice flour creates a thin, crispy crust when deep fried. The neutrality of rice flour highlights the flavors of each ingredient. Another benefit of using rice flour is that because it absorbs

less oil than wheat flour, the crispy texture lasts longer. Prepared by adding vinegar to stock, the thickened sour sauce brings lightness and a sophisticated touch to the deep-fried dish.



## Comment from Yukio Hattori

**R**ice flour is perfect for deep-frying. The crisp, light finish is very pleasant. Absorbing less oil, the coating does not become greasy on the plate, maintaining the beautiful colors of the ingredients.



Executive Chef at Szechwan Restaurant Group  
**Hiroaki Suzuki**

# Rice Flour Meatballs with Sweet and Sour Sauce

## NOTES

Starch water made by combining rice flour and water is added to ground pork that has been mixed well until sticky to make these fluffy meatballs. The texture stays moist and soft even when they have cooled

down. The sweet and sour sauce is made by combining vinegar, sugar and a little bit of salt. The thickened version prepared by adding potato starch mixed with water is used often in Chinese cooking.



## Ingredients (serves 4 people)

### Starch water

- 50 g rice flour (No.1)
- 180 mL water

250 g ground pork

### Seasonings

- 1 tablespoon sake
- 1/4 teaspoon salt
- 1 egg
- Pinches of black pepper

20 g bamboo shoot

2 fresh shiitake mushrooms

35 g onion

1/2 green pepper

Oil for deep-frying

Green peas for garnish

Deep-fried mung bean noodles for garnish

### Sweet and sour sauce

4 tablespoons sugar

3 tablespoons rice vinegar

3 tablespoons chicken stock

1 tablespoon soy sauce

1 tablespoon Shaoxing wine (or sake)

1 tablespoon oil

2/3 tablespoon potato starch mixed with water

1/2 tablespoon ketchup

Pinches of salt

## Directions

- 1 Place the ground pork in a bowl and add the seasonings. Mix well with your hand until the mixture becomes sticky.
- 2 Cut the bamboo shoot, shiitake mushrooms, onion and green pepper into small dice (5mm). Add to the bowl and mix well.
- 3 Add the starch water and knead some more.
- 4 Shape the mixture from Step 3 into small balls. Heat the oil to medium high (about 170°C) and deep-fry the meatballs.
- 5 Combine the ingredients for the sweet and sour sauce in a pot. Bring it to a boil and add the meatballs and the green peas.
- 6 Arrange the deep-fried mung bean noodles on a plate and place the meatballs on top.



## Comment from Yukio Hattori

**T**his is a wonderful recipe that makes use of the chewy texture that rice flour provides while letting it act as a binder for the ground pork.



Owner of AWORKS CHEESE CAKE CAFE  
**Yoichiro Funase**

# Chewy Bagels with 100% Rice Flour



## NOTES

Rice flour does not clump up so readily as wheat flour, making it easy to combine the ingredients. Not requiring the secondary proofing, the chewy bagels are ready in no time. Adding alpha rice flour makes the dough more viscous and improves the hydration and preservation. Widely

consumed by the Jewish communities in eastern Europe, bagels brought to the U.S. by the immigrants are now an essential part of American diet. Boiling the dough before baking contributes to the chewy texture that is unique to bagels.

## Ingredients (makes 3 bagels)

- 230 g rice flour (No.2)
- 40 g alpha rice flour
- 15 g sugar
- 10 g olive oil
- 10 g dry yeast
- 5 g salt
- 170 g warm water (38 to 40°C)
- Olives for topping

## Directions

- 1 Combine all the ingredients except for the warm water and olives in a bowl.
- 2 Add the warm water and knead the dough.
- 3 Divide the dough into three and shape each into a round with a hole in the middle. Place sliced olives on top and let it proof in a warm place (30 to 40°C) for about 20 minutes.  
\*You can also use the proofing function of the oven or place the bowl of dough on top of a pot filled with warm water.
- 4 Bring a pot of water to a boil and cook the bagels for 30 seconds. Flip and cook for another 30 seconds.
- 5 Bake in a preheated oven of 180°C for about 15 minutes.



## Comment from Yukio Hattori

**R**ice flour adds substance to these bagels. Without an unpleasant floury flavor, the bagels impart a fresh aroma and sweetness of rice.



Owner of AWORKS CHEESE CAKE CAFE  
**Yoichiro Funase**

# Italian-Style Focaccia with 100% Rice Flour



## NOTES

Rice flour does not clump up so readily as wheat flour, making it easy to combine the ingredients. Not requiring the secondary proofing, this focaccia is ready in no time. Adding alpha rice flour makes the dough more viscous and improves the hydration

and preservation. Focaccia is an Italian flatbread that is the precursor of pizza as known today. Depending on the region, it is customary for the father to prepare focaccia for family celebrations.

## Ingredients

(makes 4 servings)

- 170 g rice flour (No.2)
- 30 g alpha rice flour
- 20 g olive oil
- 15 g sugar
- 10 g dry yeast
- 5 g salt
- 120 g warm water (38 to 40°C)
- Olives for topping

## Directions

- 1 Combine all the ingredients except for the warm water and olives in a bowl.
- 2 Add the warm water and knead the dough.
- 3 Shape the dough and place sliced olives on top. Let it proof in a warm place (30 to 40°C) for about 30 minutes.  
\*You can also use the proofing function of the oven or place the bowl of dough on top of a pot filled with warm water.
- 4 Bake in a preheated oven of 180°C for about 15 minutes.



## Comment from Yukio Hattori

**F**ocaccia is a classic Italian bread. Using rice flour makes it so delicious, crispy on the outside and chewy on the inside. The flavor of rice is perfect for the Japanese palate.



Owner/Executive Chef at Taverna I  
**Hisashi Imai**

# Quick and Easy Rice Flour Ciambella

## NOTES

Rice flour combines well with other ingredients without clumping up, making the preparation easy. Using rice flour gives this easy-to-prepare tea cake a professional touch. Meaning “donuts,”

ciambella is a traditional Italian cake often enjoyed by people in the central region of Italy. Here it is prepared in a loaf pan like a pound cake.



## Ingredients (makes 4 servings)

\*For one 25 cm × 8 cm × 8 cm loaf pan

- 140 g rice flour (No.2)
- 6 g baking powder
- 200 g unsalted butter
- 210 g sugar
- 4 eggs, beaten
- 80 g dried fruit mix
- 180 mL orange liqueur

## Sauce

- 150 g orange marmalade
- 90 mL orange juice
- Pinch of salt

Powdered sugar for dusting

## Directions

- 1 Soak the dried fruit mix in the orange liqueur to rehydrate. (You can prepare your own mix by combining your favorite dried fruits.)
- 2 Place the unsalted butter (softened to room temperature) and sugar in a bowl. Use a whisk to well combine. Mix in the beaten eggs, add the rice flour and baking powder and mix. Drain the dried fruits from Step 1 and add to the bowl. (Reserve the liquid for later.)
- 3 Thinly coat the loaf pan with some butter and place a piece of parchment paper cut to fit the pan. Pour the batter from Step 2 and create an indentation in the center. Bake in a preheated oven of 160°C for about 45 minutes. Remove from the pan and brush the cake with the reserved orange liqueur while hot.
- 4 Mix the marmalade, orange juice and salt to prepare the sauce. Pour it over sliced cake and dust with powdered sugar.



## Comment from Yukio Hattori

**R**equiring no sifting, this recipe using rice flour is easy to prepare for anyone. The cake stays moist thanks to the properties of rice flour.



Executive Chef at Szechwan Restaurant Group  
**Hiroaki Suzuki**

# Deep-Fried Rice Flour Custard with Kinako and Kuromitsu



## NOTES

This dessert is easy to prepare, taking advantage of the clump-free property of rice flour. It highlights the glutinous nature of the flour. Sold in a bottle, kuromitsu is a syrup prepared by dissolving black sugar in water and cooking the mixture

down. If making your own, you can use milk in place of water to give it a Western touch. In addition to desserts, kuromitsu can be used in savory, long-cooked dishes whenever white sugar is called for to add another layer of flavor.

## Ingredients (makes 4 servings)

- 140 g rice flour (No.2)
- 1 egg
- A** — 150 mL water
- 18 g custard powder
- 2 tablespoons sugar
- B** — 500 mL hot water
- Drizzle of sesame oil

Potato starch for coating  
Oil for deep-frying

## Kinako and kuromitsu

- C** — 60 g sugar
- 40 g kinako (toasted soybean powder)
- Kuromitsu for drizzling

## Directions

- 1 Place all the ingredients in **A** in a bowl and mix well until smooth.
- 2 Place **B** in a pot and bring to a boil on a medium high flame. Add the mixture from Step 1 little by little while quickly mixing with a whisk so it does not scorch on the bottom.
- 3 Continue to whisk until the mixture turns thick and glossy. Pour into a container coated with sesame oil and chill until set.
- 4 Cut the set custard from Step 3 into pieces that are 3 to 4cm long. Coat them with the potato starch and deep-fry in the oil heated to a medium temperature (around 170°C).
- 5 Combine the sugar and kinako from **C**. Place a quarter of the mixture in a serving bowl and serve the fried custard from Step 4 on top. Sprinkle with a generous amount of kinako.
- 6 Drizzle with more kuromitsu before serving.



## Comment from Yukio Hattori

**T**he traditional Chinese dessert is given a Japanese makeover by using rice flour. It is a wonderful dessert that can be made easily without the risk of clumping up. The pleasant viscosity of rice flour accentuates the flavor.



Owner/Executive Chef at Michiba Washoku Tateno

**Yuji Tateno**

# Shiso Rice Flour Noodles in Salad

## NOTES

Using rice flour that doesn't clump up as readily as wheat flour makes the mixing process easy. Instead of green shiso, you can use another herb to experience different flavors. Anyone can enjoy these gluten-free noodles safely. The press used

to extrude the noodles is called hikizutsu and is used in Japanese cuisine to make fish paste noodles. The special tool with multiple holes allows to make noodles quickly though you can also use a pastry bag.

## Ingredients (serves 2 people)

140 g drained firm tofu  
(\*180 g before pressing out the water)

140 g green shiso

1/2 teaspoon salt

1 1/2 cups rice flour (No.3)

Roast beef and fresh vegetables to accompany the noodles

Mentsuyu (noodle soup base) for dipping

## Directions

- 1 Wrap the tofu in cheesecloth or gauze and press the water out.
- 2 Place the tofu, green shiso (torn by hand into small pieces) and salt in a food processor. Process until smooth. Add the rice flour in three batches, mixing well after each addition.
- 3 Place the mixture from Step 2 in a **hikizutsu**.
- 4 Bring a pot of water to a boil and stir in a circular motion to create a swirl. Press the paste from Step 3 directly into the pot. When the noodles float to the surface, remove them from the pot and transfer them into an ice bath. Drain in a colander.
- 5 Arrange the noodles on a plate together with the roast beef and fresh vegetables. (The dish in the photo uses micro tomatoes and microgreens.) Serve with mentsuyu as a dipping sauce.

Hikizutsu is traditionally used to extrude fish paste into noodles. You can also use a pastry bag fitted with a round tip or a thick plastic bag with a corner snipped off.



## Comment from Yukio Hattori

**T**his recipe is unique in the sense that it uses a traditional Japanese cooking tool to make the rice flour noodles. Of course, it gives suggestions for what you can use instead at home. The noodles are light and smooth, thanks to the rice flour.



Owner/Executive Chef at Taverna I  
**Hisashi Imai**

# Chewy Rice Flour Pizza

## NOTES

Rice flour makes a chewy crust. The distinct texture provided by rice flour makes the pizza a little different from your run-of-the-mill pie. Pizza has become a

popular food in Japan. Eating pizza with a knife and fork is a standard practice in Italy.

## Ingredients

(serves 4 people)

- 100 g rice flour (No.3)
- 20 g potato starch
- 10 g sugar
- A** 30 mL vegetable oil
- 2 eggs
- 160 to 180 mL chicken stock (cooled)
- Pinches of salt

- 360 mL tomato sauce
- 100 g onion, sliced thin
- 200 g bacon, sliced
- 320 g mozzarella cheese
- 120 g parmesan cheese

## Directions

- 1 Place all the ingredients in **A** in a bowl and mix well. Let the dough rest for about an hour.
- 2 Thinly coat the bottom of a frying pan with some vegetable oil and spread the dough in 2 to 3mm thickness. Cook both sides until they become slightly crispy.
- 3 Spread the tomato sauce on the crust. Arrange the sliced onion and sliced bacon. Sprinkle the mozzarella cheese and parmesan cheese. Bake in a preheated oven of 180°C for 15 to 20 minutes.



## Comment from Yukio Hattori

**P**izza is a common food item in Japan. We hope you enjoy this version using rice flour that creates a chewy, delicious crust.



Owner/Executive Chef at Taverna I  
**Hisashi Imai**



# Baked Rice Flour Cannelloni with Cheese

## NOTES

Using rice flour allows you to forgo the process of straining and makes the preparation easy. Although the sheets of pasta resemble crepes in appearance, the chewy texture is quite different thanks to

the use of rice flour. Meaning "large reeds" in Italian, cannelloni is cylindrical shaped pasta that is often stuffed and covered by sauce. Depending on the preparation, the pasta is not precooked.

## Ingredients (makes 5 pieces)

80 g rice flour (No.3)

- 150 mL water
- 1 egg
- A** 10 mL olive oil
- 5 g salt
- 5 g sugar

- 200 g ground pork
- 40 g onion
- 30 mL demi-glace sauce
- B** 30 g parmesan cheese
- Salt (0.8% of the total weight)
- Coarsely ground black pepper

- 15 mL melted butter
- Tomato sauce
- Shredded cheese

## Directions

- 1** Combine the ingredients in **A** and mix well. Add the rice flour little by little, mixing thoroughly to well incorporate everything. Let the mixture rest in the refrigerator for 2 to 3 hours.
- 2** To prepare the filling, dice the onion and mix it well with the rest of the ingredients in **B**.
- 3** Thinly coat a 20 cm non-stick frying pan with some olive oil. Heat the pan over medium heat and pour 1/5 of the mixture from Step **1**. Proceed with the rest to make 5 thin sheets.
- 4** Divide the filling from Step **2** into 5 portions and wrap it with the sheets.
- 5** Brush an oven-safe container with the melted butter. Spread the tomato sauce on the bottom and arrange the cannelloni from Step **4** on top. Sprinkle with a generous serving of the shredded cheese. Bake in a preheated oven of 170°C for 15 to 20 minutes.



## Comment from Yukio Hattori

**P**asta made with rice flour has no unpleasant floury taste and gives a subtly sweet flavor of rice. The texture is superb as well. We hope you try to make rice flour pasta at home.



Owner/Executive Chef at Taverna I  
**Hisashi Imai**

# Gnocchi all'Ortolana

## NOTES

Using rice flour makes gnocchi very easy to prepare. The texture is improved, as does the flavor with virtually no unpleasant taste of flour. Meaning "from the garden"

in Italian, "all'Ortolana" is a pasta dish prepared with many different kinds of vegetables.

## Ingredients (serves 4 people)

- 85 g rice flour (No.3)
- 200 g potatoes
- Generous pinches of salt
- 1 egg, beaten
- 16 green olives, pitted
- 1/2 yellow pepper, cut into small cubes
- 1/2 zucchini, cut into small cubes
- 180 mL tomato sauce
- 90 mL chicken stock
- Salt and pepper to taste
- Olive oil
- Fresh basil for garnish

## Directions

- 1 Peel the potatoes and boil until soft. Drain and mash while still hot.
- 2 Mix the potatoes from Step 1 with the rice flour and salt. Add the beaten egg. Take some rice flour on your hands and shape the dough into balls that are about 2cm in diameter. (You can also roll the dough into a rope and then cut into little rounds.) Bring a pot of water to a boil and add salt enough to make a 1% salt solution. Boil the gnocchi pieces for about 3 minutes and drain. Transfer them to serving plates.
- 3 Heat the olive oil in a pan and sauté the yellow pepper and zucchini. Add the green olives, tomato sauce and chicken stock and cook until warm. Season with the salt and pepper to taste.
- 4 Pour the sauce from Step 3 onto the gnocchi from Step 2. Garnish with the fresh basil.



## Comment from Yukio Hattori

**S**oft and chewy gnocchi is easier to prepare with rice flour. We hope you give this recipe a try to enjoy delicious gnocchi with your family.

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