

Bloodshot Dango Eyeballs



31-Oct-2024

Level: Easy

Makes: about 21 skewers

(or approx. 3.5 dozen dango)

Prep Time: 1 hour

Cooking Time: 40 minutes



Mochi balls:

1 (1 oz.) package freeze-dried strawberry slices

1 cup shiratama ko (glutinous rice flour or sweet rice flour), (see Notes)

$\frac{3}{4}$ cup jyoshin ko or joshin ko (rice flour), (see Notes)

$\frac{1}{2}$ cup white granulated sugar

$\frac{3}{4}$ cup hot (boiled) water

Short wooden skewers, to hold mochi balls

Garnish:

1 (18 oz.) can koshian, refrigerate to thicken

About 21 fresh blueberries

Recommended Tools:

Skimmer spoon or strainer ladle

Large baking sheet pan

To prepare mochi balls: Place freeze-dried strawberry slices in a large gallon-sized Ziploc® bag. Seal bag. With the end of a rolling pin or canned good, gently crush strawberries to a fine powder. Set aside. In a large bowl, whisk together the shiratama ko, jyoshin ko, and sugar. Add the hot water in 3 increments, $\frac{1}{4}$ cup at a time (do not add the $\frac{3}{4}$ cup hot water all at once), stirring mixture with a rice paddle after each addition. Mix to combine (mixture will be thick and stiff). Place a large piece of parchment paper on your countertop and dump the flour mixture on it. Knead the flour mixture until all ingredients are thoroughly combined. Sprinkle 4 Tbsp. finely crushed freeze-dried strawberry powder over flour mixture. (Save remaining crushed strawberry powder for garnish. Re-seal Ziploc® bag so remaining strawberry powder doesn't get soggy and clumpy.) Knead strawberry powder with flour mixture until just combined. Using a 1 teaspoon measuring spoon, scoop a heaping (not leveled) amount of flour mixture, and with your fingers and palms, roll the flour mixture into smooth balls (see photo on right), (also see Notes).



To cook mochi balls: Pour a small amount of water in a large baking sheet pan, just to wet the bottom of the pan. Set aside. Fill a large pot with water and bring to a boil. Depending on the size of your pot, drop about a dozen mochi balls into the boiling water, but do not overcrowd the pot. Cook mochi balls for 9 to 10 minutes (they are done when they rise and float to the top but I like to cook them for an additional 1 to 2 minutes after they rise). Gently stir the mochi balls during cooking so they don't stick to the bottom of the pot. Using a skimmer spoon/strainer ladle, remove the mochi balls from

the boiling water and drop into an ice bath for 1 minute. Remove mochi balls from ice bath and place on wet baking sheet pan. Repeat with remaining uncooked mochi balls. After all mochi balls are cooked, put 2 mochi balls per skewer. Pat mochi balls dry with a paper towel (it will be sticky).

To garnish mochi balls: Place refrigerated koshian in a piping bag fitted with a round decorating tip (I used Wilton 1A). Squeeze anko into a mound on top of skewered mochi balls (see photo on right). Rinse blueberries and pat dry with a paper towel. Cut blueberries in half. Place cut blueberries in the center of the anko and gently push down. Grab skewer at one end and roll the bottom only of the dango in the remaining freeze-dried strawberry powder (in the Ziploc® bag). Serve immediately. Best eaten on the day made.



Notes:

- Shiratama ko and jyoshin ko can consistently be found at Nijiya Market - University Ave. I have also seen these two rice flours at Marukai Wholesale Mart and Don Quijote - Kaheka, but most times the shiratama ko is not in stock.



Shiratama Ko



Jyoshin Ko

- You can roll the mochi balls larger than 1 tsp. if you prefer, however, you have to boil the mochi balls longer in order for the middle to be cooked. For 2 tsp.-sized mochi balls, I would recommend cooking for 14 to 16 minutes.
- Koshian is smooth (or strained) sweetened red bean paste. You may substitute with tsubushian, which is a chunky (or mashed) sweetened red bean paste. I use koshian because it is easier to pipe with.

