

# SPAM MUSUBI - Recipe and Hints for BCSFYAO Families.

There are as many spam musubi recipes as there are families to make them. We have collected several hints and ideas for you.



## Important Basics:

- 1) 2 cans of SPAM should yield 16 (to 20) full-sized Musubi (depends on how thick you slice it).
- 2) Please pan fry the SPAM before assembling.
- 3) DO NOT store SPAM Musubi in the refrigerator. The rice becomes very hard.
- 4) Wrap each SPAM Musubi in clear plastic wrap.
- 5) If using plastic mold, keep wet with water. Keep your hands wet too. This keeps stickiness down.

## Basic Recipe To make 16 (to 20) SPAM Musubi from 2 cans of SPAM

### Easy Method:

- Use clear plastic “sushi” mold and press available at Soko Hardware or Paper Tree in Japantown ([www.paper-tree.com](http://www.paper-tree.com)). Get the large “double” mold so you can make two full-sized musubi at once. The mold consists of two pieces - an open box frame and the “press” which looks like a T and is used to compress the rice and form the Musubi shape.

### Other Method:

- If you don't have a sushi mold, then you will shape blocks of rice by hand to fit one slice of SPAM.

*HINT: Scoop rice onto a sheet of plastic wrap, and then wrap plastic around the rice. Use hands to shape your musubi (this also works great when making the classic triangle shaped musubi). It's clean and there's no sticky mess!*

- 6 cups of rice (dry measure before cooking)
- bottle of teriyaki sauce (or bring to a boil 1/2 cup soy sauce, 1/2 cup mirin, 1/2 cup white or brown sugar, a little garlic and ginger)
- 8 to 10 sheets of nori (seaweed)
- optional - furikake, or fukujinsuke pickles

Cook and fluff rice. Let cool to make it easier to handle. Slice each SPAM block into 8 or 10 slices. Pan fry SPAM slices until lightly browned on each side. Add teriyaki sauce to coat, remove from heat.

Place a full sheet of nori on a cutting board. If using single musubi mold cut each sheet of nori in half, you can often fold it and tear apart. Wet inside of box mold with a little water, shake excess water off, place mold on top of nori.

Fill about 1/3 full with rice and press down, layer in one spam slice (single mold) or two slices next to each other (double mold) and spoon some sauce over, add next layer of rice, and press down again. Holding press in place, lift up the mold around it to remove, then remove the press. Bring the nori up each side and overlap on top. Flip over seam side down until ready to cut. Double molds make 2 full-sized Musubi so cut into 2 pieces and wrap individually with plastic wrap.

- *Optional: sprinkle furikake or add a layer of fukujinsuke pickles next to the SPAM layer.*

Send your hints and recipes to [vicky@averyhome.net](mailto:vicky@averyhome.net) to add to next year's hints!

