



MIKRO ONIGIRI I - III (V.A.)

Onigiri are popular everywhere as they are easy to carry around and taste delicious. These filled rice balls are the perfect Mikro-Food: two onigiri can fit in even the smallest of fanny packs! It's good to have them on hand while dancing the night through in the Mikrodisko.

For M14-D, three new onigiri recipes were invented in experimental meetings. It will be tons of fun to create these onigiris together in cute little rounds. The warm and freshly prepared rice is formed by hand into little balls or tetrahedrons. A kilo of rice produces around 15-18 rice balls, which is enough for 4-5 people. If you double the ingredients, you can produce a stockpile of onigiri. You will desperately need it.

Here are some directions for preparing sushi rice: wikihow.com/Make-Onigiri. For instructions on how onigiris are formed, use this website or the Recipe Book by Yamada Reiko (English and Japanese): EVERYDAY ONIGIRI. Tokio 2014. Onigiri can be stored for a few days, sealed in plastic wrap in a refrigerator. And just to add, onigiri gifted to someone taste up to three times better than standard onigiri! A wonderful present!

MIKRO ONIGIRI I

For the filling.....
 1 cabbage turnip (kohlrabi) with chopped leaves and stems
 1 small hot chili pepper (fresh)
 1 fresh piece of ginger (3cm)
 3-5 tbsp soy sauce
 2-4 tbsp rice vinegar

Also for the filling: miso paste
 For the wrapping: ¼ nori sheet

(1) Skin both the kohlrabi and the ginger and cut them into thin julienne strips. Mix with the rest of the ingredients in a small plastic bag and let sit for 3 hours. (2) Mix a little miso paste with a cherry sized ball of filling. Take a portion of rice in your hand and place the filling in the center of the rice and seal the rice ball. (3)

With lightly moistened fingers, take half a nori sheet and wrap around the rice ball. Lightly press it together. Finished.

MIKRO ONIGIRI II

For the filling.....
 2 carrots, finely grated
 2-3 cloves of pressed garlic
 A generous amount of salt
 At least 100g (3.5 oz) mayonnaise (vegan mayo also works)
 For the wrapping: half nori sheet

(1) Mix everything with a good amount of mayo until an even cream develops, then let it sit for 2 hours. (2) Take a portion of rice in your hand. Place a cherry sized ball of filling in

the center of the rice and shape it. (3) With lightly moistened fingers, take half a nori sheet and slap around the rice ball. Lightly press it together. Finished.

MIKRO ONIGIRI III

For the filling.....
 peanut butter.....
 trail-mix.....

(1) Roughly chop or crush the trail mix. (2) Take a handful of crushed trail mix, a portion of rice in your hand, spread a little peanut butter on the rice and seal the rice ball. Generously roll out the rice ball, pressing firmly to get the shape. Enjoy!

COVER: MURAT ÖNEN, OUTFIT: DIASHI

M14-D SOUNDTRACK "MIKRO ONIGIRI I - III"

V A N Y A "CRUISE (BY THE LAKE)" FOR MIKRO ONIGIRI I
 B O C A J "IN TIME OF NEED" FOR MIKRO ONIGIRI II AND
 "WE ARE ENDLESS (NO END IN SIGHT)" FOR MIKRO ONIGIRI III
 (DIGITAL ONLY) ON MIKRODISKO.BANDCAMP.COM/ AND
 IN ONLINE STORES, STREET DATE: 2020, AUG 30