

Mochi Dondurmas?

Learn to make authentic Japanese mochi ice cream at home with sweet rice flour. This gluten-free dessert combines soft mochi dough with frozen treats.

20 min

HAZIRLIK

3 min

PI?IRME

23 min

TOPLAM

8

PORSIYON

Medium

ZORLUK

Mochi Dondurmas?

Malzemeler

- 1 cup rice flour
- 1 cup granulated sugar
- 1 cup corn starch
- 1 cup water
- 1 cup ice cream

Yap?l???

- 1 Prepare Ice Cream Portions**

Line a muffin tin with plastic wrap, leaving enough overhang to lift out later. Scoop your favorite ice cream into 8 equal portions using an ice cream scoop and place one in each lined cup. Freeze for at least 2 hours until completely solid.
- 2 Make Mochi Dough**

In a large microwave-safe bowl, whisk together 1 cup sweet rice flour (mochiko) and 1/4 cup granulated sugar until combined. Gradually add 1 cup water while whisking continuously until the mixture is completely smooth with no lumps.
- 3 Cook the Mochi**

Cover the bowl tightly with microwave-safe plastic wrap. Microwave on high power for 1 minute, then carefully remove and stir with a wet spatula. Re-cover and microwave for another 1 minute, stir again, then microwave for 30-60 seconds more until the dough becomes translucent and very stretchy.
- 4 Prepare Work Surface**

Generously dust a large sheet of parchment paper with cornstarch. Transfer the hot mochi dough onto the parchment using a wet spatula, then dust the top heavily with more cornstarch to prevent sticking.
- 5 Roll Out Mochi**

Using a rolling pin dusted with cornstarch, roll the mochi into a rectangle about 12x14 inches and 1/4 inch thick, adding more cornstarch as needed to prevent sticking. Refrigerate the entire parchment sheet for 20-30 minutes until firm but still pliable.
- 6 Cut Mochi Circles**

Using a 4-inch round cookie cutter or drinking glass, cut 8 circles from the chilled mochi dough. Gently brush off excess cornstarch with a dry pastry brush, leaving just enough to prevent sticking.

7 Assemble Mochi Ice Cream

Place each mochi circle on a 6-inch square of plastic wrap. Working quickly, remove one frozen ice cream scoop from the muffin tin and place it in the center of a mochi circle.

8 Wrap and Shape

Gather the edges of the mochi around the ice cream, gently stretching the dough to avoid tearing. Pinch the seams together at the bottom, then use the plastic wrap to twist and shape into a smooth ball with the seam side down.

9 Final Freeze

Place the wrapped mochi ice cream balls seam-side down in the freezer for at least 2 hours until the mochi is firm and holds its shape when unwrapped.

10 Serve

Remove from freezer and let sit at room temperature for 2-3 minutes to soften the mochi slightly. Unwrap the plastic and serve immediately while the ice cream is still frozen and the mochi is soft and chewy.

?puçlar?

Use latex or nitrile gloves when handling mochi dough to prevent sticking and make shaping much easier.

Keep your kitchen cool during preparation – warm temperatures will cause the ice cream to melt and the mochi dough to become more difficult to work with.

Pre-scoop your ice cream into portions and freeze them solid on a tray before starting the mochi preparation for best results.

Dust all surfaces and tools generously with cornstarch or potato starch to prevent the sticky mochi dough from adhering.

Work quickly when wrapping the ice cream – have all your materials ready and assembly-line the process for efficiency.

Use plastic wrap as a helper when shaping the mochi balls – wrap the filled mochi in plastic and twist the ends to create a perfect round shape.

Ensure your microwave is at 1200 watts for the cooking times specified, or adjust accordingly for lower wattage units.

Don't substitute regular rice flour for sweet rice flour – only glutinous rice flour will give you the proper chewy, stretchy texture.