

Ocean Confetti (*Furikaké*)



This *furikaké* is made from *dashigara*, the bits of *katsuo-bushi* leftover from making standard sea stock (*dashi*). In making the *furikaké* you will be transferring the flakes back-and-forth between a skillet and the bowl of a food processor. There is no need to wash either tool until you are finished.

Furikaké are intensely seasoned fish flakes that can be eaten alone or in combination with other seasonings: dry-roasted sesame seeds, *ao nori* (sea herb) and/or *momi nori* (crumbled sheets of *nori*) are the most commonly seen combinations.

About the name...*Furikaké* means “sprinkle” but because the mixture looks a bit like confetti, I chose to call it “ocean confetti.” *Furikaké* is typically sprinkled on cooked rice or stuffed into compressed rice balls (*omusubi* or *onigiri*) though it can become a filling for an omelet or added to rolled sushi, too.



Save *katsuo-bushi* flakes from making standard sea stock. Pictured above left: the leftovers (35-40 grams/1.5 ounces) from 4 batches of *dashi* stock (each batch made about 3 cups of stock).

Chop coarsely (above, center). Transfer to a skillet placed over low heat (right). With a wooden spatula, spread-and-stir the flakes to let them dry out faster. Be careful not to let them scorch as they dry out. After a few minutes there should be a pleasantly smoky, seashore aroma and the flakes should appear lighter/whiter than at the start.



Transfer the flakes to the bowl of a small food processor and pulse-process until fine but not powdery. Return the flakes to the skillet and dry-roast over low heat for several minutes, stirring constantly to keep the flakes from scorching. Drizzle in a mixture of 1 tablespoon each *mirin* and *usukuchi shōyu* (light-colored soy sauce) and stir. Remove the skillet from the heat and stir further to distribute evenly.



Continue to stir to break up lumps. When the seasonings seem well distributed return the skillet to LOW heat to be sure the mixture does not scorch. Continue to cook until dry. The mixture will become quite aromatic, slightly caramelized and turn a reddish tone. Remove the skillet from the heat and let the mixture cool.



Transfer the cooled seasoned mixture to the bowl of your food processor and pulse-process until fine. Transfer to a glass jar with a lid that fits well. If you have a cool, dark shelf in your cupboard, the mixture can be stored there for up to one week. Or, refrigerate for up to 2 weeks.