

SPAM Musubi

Cut regular SPAM into 9 even slices. Its a pork product that is made by Hormel and comes in a blue can. Very popular in Hawaii.

Heat in a non-stick pan, you can brown it a little if you like. Turn the heat down so you don't burn the sauce.

Add 1 Tbsp. mirin, 1 Tbsp. sugar, and 1 Tbsp. soysauce. Heat until the alcohol in the mirin boils off and the SPAM is glazed. If you like it saltier add more sauce. Be careful it does not burn. Remove to cool on a plate.

Make plain hot medium grain rice as directed. Use about 3 cups of uncooked rice. Wait until it is cooled to room temp. before assembling. If you are going to eat it immediately it can be warm.

Use a musubi mold. If its a wooden mold you can put the nori in, then some rice then the SPAM then more rice. Fold the nori over, wet the edge and overlap the nori. Press lightly with the separate piece of wood. If you have a plastic mold sometimes its better to put the nori flat, then wet the mold and place it on the nori, layer the rice, SPAM and rice in the mold, remove the mold and wrap the nori around the rice and SPAM. You may have to experiment to see which way is easiest. Cut them into whatever size you like.

Some people add furikake (seaweed & sesame seed) or a layer of scrambled egg for variety.

Great for picnics or a snack when fishing or when going on a long road trip.

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