

Mochi Ice Cream

Learn to make authentic Japanese mochi ice cream at home with sweet rice flour. Soft, chewy exterior wraps creamy ice cream for a perfect dessert.

20 min

PREP

3 min

COOK

23 min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

Ingredients

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

Instructions

1 Prepare the ice cream

Line 8 cups of a muffin tin with plastic wrap, leaving overhang for easy removal. Scoop your favorite ice cream into 8 uniform balls using a chilled ice cream scoop and place each ball in a lined muffin cup. Freeze for at least 2 hours until completely solid.

2 Make the mochi dough

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

3 Cover the bowl tightly with microwave-safe plastic wrap and microwave on high power for 1 minute. Remove and stir the mixture vigorously with a rubber spatula - it will look lumpy and uneven at this point.

4 Re-cover and microwave for another 1 minute, then stir again. Continue microwaving in 30-second intervals, stirring after each interval, until the dough becomes translucent, glossy, and stretches like thick taffy when pulled - this takes about 3 minutes total cooking time.

5 **Roll the mochi**

Generously dust a large sheet of parchment paper with cornstarch. Carefully transfer the hot mochi dough to the parchment using a spatula, then dust the top heavily with more cornstarch to prevent sticking.

6 Roll the dough into a 12x14-inch rectangle about 1/8-inch thick, adding more cornstarch as needed to keep the rolling pin from sticking. Place the parchment on a baking sheet and refrigerate for 15 minutes until the dough is cool and easier to handle.

7 **Cut and assemble**

Cut the cooled mochi into 8 circles using a 4-inch round cookie cutter or the rim of a large glass. Brush off excess cornstarch from each circle with a pastry brush.

8 Place one mochi circle in the center of a 6-inch square of plastic wrap. Remove one frozen ice cream ball from the freezer and quickly place it in the center of the mochi circle.

9 Gather the edges of the mochi up and around the ice cream ball, stretching gently to cover completely and pinching the seams together at the top to seal. Twist the plastic wrap tightly around the sealed mochi ball, securing the ends.

10 Repeat the wrapping process with the remaining mochi circles and ice cream balls, working quickly to prevent melting. Freeze the wrapped mochi ice cream for at least 2 hours before serving.

Tips

Dust your work surface, rolling pin, and hands generously with cornstarch or potato starch to prevent the sticky mochi dough from adhering to everything.

Wear food-safe latex or nitrile gloves when handling the mochi dough—this prevents sticking and makes shaping much easier.

Keep your kitchen cool while working, ideally below 70°F (21°C), to prevent the ice cream from melting too quickly during assembly.

Pre-scoop and freeze your ice cream balls on a lined baking sheet for at least 2 hours before wrapping—firmer ice cream is much easier to encase.

Cut the mochi into circles slightly larger than your ice cream balls—about 4 inches in diameter works well for standard scoops.

Work quickly during assembly, wrapping each mochi ice cream immediately in plastic wrap and placing in the freezer before moving to the next one.

Use a pastry brush to remove excess cornstarch from the mochi wrapper before wrapping the ice cream for a cleaner appearance.

Ensure your microwave is set to full power (around 1000-1200 watts) for the timing in the recipe—lower wattage will require longer cooking times.