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Furikake (Japanese Rice Seasoning) ふりかけ

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Author: Namiko Hirasawa Chen · Published: Nov 27, 2022 · Updated: Jul 14, 2024

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Furikake is a savory-sweet rice seasoning with sesame seeds, dried fish flakes, and nori seaweed. This Japanese condiment is fabulous sprinkled on steamed rice, onigiri, udon noodles, salad, and popcorn. My recipe is a great way to repurpose leftover bonito flakes and kombu from making dashi.





Furikake (ふりかけ) is a nutty, crunchy, umami-packed Japanese blend used to season rice. Although it's referred to as a rice seasoning, furikake is literally the salt and pepper of the Japanese kitchen. It is so versatile that you can use the seasoning to instantly perk up any bland dishes.



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What is Furikake?

Furikake (literally “sprinkle”) is a flaky or powdered Japanese seasoning consisting of sesame seeds, seaweed, and dried seafood, meat, or vegetable. You may be familiar with the commercial variety in bottles or individual packets for kids and adults. Even Trader Joe’s has their own version of Nori Komi Furikake Seasoning!

The commercial variety contains a mixture of **bonito flakes**, toasted sesame seeds, **nori seaweed**, sugar, and salt. Some include salmon flakes, dried baby shrimp, **shiso**, egg, **wasabi**, and vegetables.



Furikake History

It goes back to the 12th century when there are records of making a salty powdered condiment consisting of dried sea bream, salmon, and shark. The current iteration was invented in the early 20th century as a nutritional supplement. It contained ground fish bones and poppy seeds to address the calcium and nutrient deficiency among the population.






How to Make Homemade Furikake

Ingredients You'll Need

- **Katsuobushi (dried bonito flakes)** – You can buy it from Japanese/Asian grocery stores or online. This store carries good-quality Hana Katsuo [here](#) [↗](#) (ships internationally).
- **Aonori (dried green seaweed)** – You can buy it online [here](#) [↗](#).
- **Roasted sesame seeds** – White and black sesame seeds taste differently, so use both!
- **Nori (dried seaweed)**
- **Seasonings:** soy sauce, mirin, sugar, salt, and sesame oil

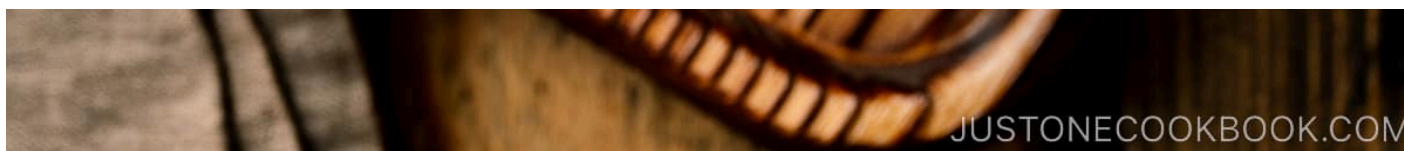
 **Tip:** If you have **reserved kombu and katsuobushi** from making [dashi](#) or [mentsuyu](#) noodle soup base, you can repurpose them in this recipe! Read the details below.

Overview: Cooking Steps

This homemade furikake is really easy to make!

- 1 Cook all the ingredients and seasonings in a frying pan until they are dry and separated.
- 2 Let cool completely.
- 3 Add nori seaweed and transfer to an airtight container.





Repurposing Spent Katsuobushi and Kombu

Whenever you make [dashi \(Japanese soup stock\)](#) from scratch, you are always left with spent kombu or katsuobushi, or usually both if you make [Awase Dashi](#) (a combination of kombu and katsuo dashi).



Spent kombu (60 g) and katsuobushi (15 g) after making one batch of my [Awase Dashi](#) recipe.

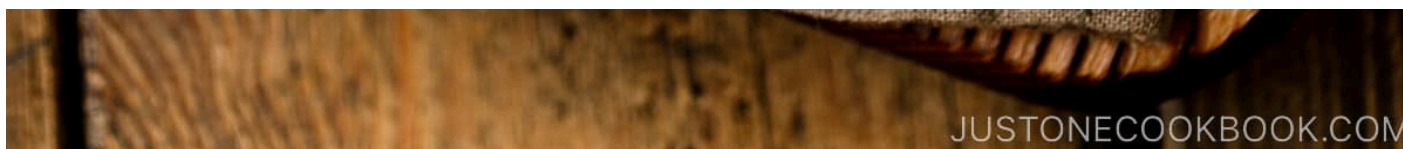
The best way to repurpose these spent ingredients is to make homemade furikake.

Another bonus is that you don't have to use them right away. You can reserve spent kombu and katsuobushi in an airtight container and store it in the refrigerator for a week or in the freezer for up to a month, until you're ready to make furikake.



Take out the portion you need and cut them into small pieces and cook in the pan with the rest of ingredients.





FAQs

Why do we need to cook the ingredients? Can we just mix everything?

There are two reasons why we cook all the ingredients and season them in a frying pan.

- 1 Dry ingredients absorb all the delicious wet seasonings (soy sauce and mirin), and then become dry. So the ingredients will be flavored.
- 2 If you don't cook the mixture, loose dry seasonings such as sugar and salt will sink at the bottom of the container and you will end up with a flavorless furikake.

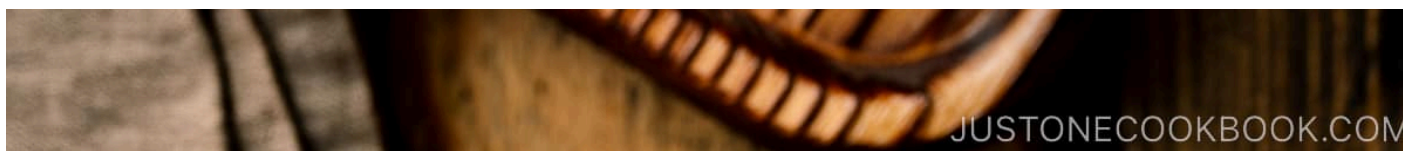
How long does it last?

If you include a [**Food Safe Silica Gel Desiccant Packet**](#) in your airtight container, you can keep the homemade furikake for 1-2 months at room temperature!



Without it, the nori and katsuobushi will start to get stale, so consume the homemade furikake within 2 weeks.





Creative Ways to Enjoy Furikake

Rich in calcium, iodine, and iron, this homemade furikake is a healthy way to season your Japanese dishes!

Furikake is absolutely wonderful on just a simple bowl of rice, porridge, or udon noodles. It's also perfect for seasoning [onigiri \(Japanese rice balls\)](#), soba noodle salad, grilled salmon, or [rice crackers](#). But don't stop there, furikake is so versatile that I love to get creative and sprinkle it on these as well:

- **Avocado** – this is my favorite. Keep it simple and halve the avocado and season it with furikake as an afternoon snack. For a savory breakfast, smear your toasted bread with mashed avocado before you give it a good sprinkle of furikake. It's a Japanese-twist on [avocado toast](#).
- **Egg** – you can totally replace salt and pepper with furikake on a fried egg or [soft-boiled egg](#) when you want something more punchy.
- **Popcorn** – planning on [binge-watching Japanese shows on Netflix](#) or a [Japanese movie](#) night? Flavor your [homemade popcorn](#) with furikake to keep to the theme.
- **Pasta** – oh yes, you can top furikake on [Mentaiko Pasta](#), cacio e pepe pasta, or any simple [creamy pasta](#).
- **Furikake Chex Mix** – This is one of our family's holiday edible treats!





A Great Holiday Gift

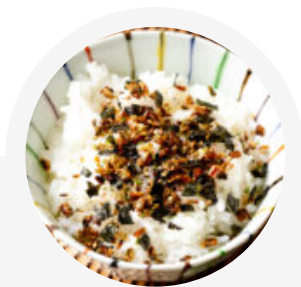
If you make a big batch, you can even freeze the seasoning for a month. Furikake makes a great holiday gift. Just pack the Japanese seasoning in a cute little glass jar to surprise your foodie friends and family!



Make sure to add a [Food Safe Silica Gel Desiccant Packet](#) for each jar, so your friends and family can enjoy it for 1-2 months!



Wish to learn more about Japanese cooking? Sign up for our **free [newsletter](#)** to receive cooking tips & recipe updates! And stay in touch with me on **[Facebook](#)**, **[Pinterest](#)**, **[YouTube](#)**, and **[Instagram](#)** [🔗](#).



Furikake (Japanese Rice Seasoning)

★★★★★ 4.39 from 226 votes

Furikake is a savory-sweet rice seasoning with sesame seeds, dried fish flakes, and nori seaweed. This Japanese condiment is fabulous sprinkled on steamed rice, onigiri, udon noodles, salad, and popcorn. My recipe is a great way to repurpose leftover bonito flakes and kombu from making dashi.

PRINT

PIN

PREP TIME:

5 mins

COOK TIME:

10 mins

TOTAL TIME:

15 mins

SERVINGS: **1** (cup)

Tap or hover to scale the recipe!

INGREDIENTS

US Customary

Metric

1x

2x

3x

- ☐ $\frac{1}{3}$ oz **katsuobushi (dried bonito flakes)** (or 5 2-g packets; you can repurpose $\frac{1}{2}$ oz or 15 g **reserved katsuobushi** from making **dashi** or **mentsuyu** noodle soup base; **skip for vegan**)
- ☐ $\frac{1}{2}$ oz **reserved kombu** (optional; repurpose **reserved kombu** from making **dashi** or **mentsuyu**)
- ☐ 1 Tbsp **aonori (dried green laver seaweed)**
- ☐ 3 Tbsp **toasted white sesame seeds**

☐ 1 Tbsp [toasted black sesame seeds](#)

For the Seasonings

☐ 1 tsp **sugar** (plus more to taste)

☐ ½ tsp [Diamond Crystal kosher salt](#) (plus more to taste)

☐ 1 tsp [mirin](#)

☐ 1 tsp [soy sauce](#)

☐ ½ tsp [toasted sesame oil](#)

For the Add-On Ingredients (after cooling)

☐ ½ sheet [nori \(dried laver seaweed\)](#)

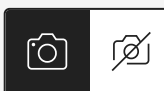
☐ 1 tsp [aonori \(dried green laver seaweed\)](#) (optional; I added extra aonori for more color)

***Japanese Ingredient Substitution:** If you want substitutes for Japanese condiments and ingredients, click [here](#).*



Cook Mode Prevent your screen from going dark

INSTRUCTIONS



Before We Start...

- 1 It's important to cook the ingredients and seasonings together in a frying pan so the ingredients absorb all the seasonings and the furikake is more flavorful. If you don't cook it, the sugar and salt simply will sink to the bottom of the furikake jar and the flavors won't incorporate well into the furikake.



- 2 In this recipe, you can repurpose the spent *katsuobushi* and kombu you reserved from making dashi or mentsuyu noodle soup base. Follow the suggested measurements in the ingredient list. To save the spent kombu and katsuobushi for later, you can store in an airtight container in the refrigerator for a week or in the freezer for up to a month.



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3 Gather all the ingredients.



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To Prepare the Spent Katsuobushi and Kombu (if using)

- 1 Gather **½ oz (15 g) spent katsuobushi**. Make sure the spent katsuobushi is well drained. Cut it into small pieces with a knife.



- 2 Slice **½ oz reserved kombu** (optional) into thin strips, and then cut the strips into small pieces.



To Cook the Furikake

- 1 In an ungreased frying pan, add **⅓ oz katsuobushi (dried bonito flakes)** or the reserved katsuobushi, **1 Tbsp aonori (dried green laver seaweed)**, and the spent kombu (optional). Then, add all the seasonings—**1 tsp sugar**, **½ tsp Diamond Crystal kosher salt**, **1 tsp mirin**, **1 tsp soy sauce**, and **½ tsp toasted sesame oil**. Mix it all together.



- 2 Turn on the stove's heat to medium low and cook, stirring constantly, until the katsuobushi becomes dry and flaky.



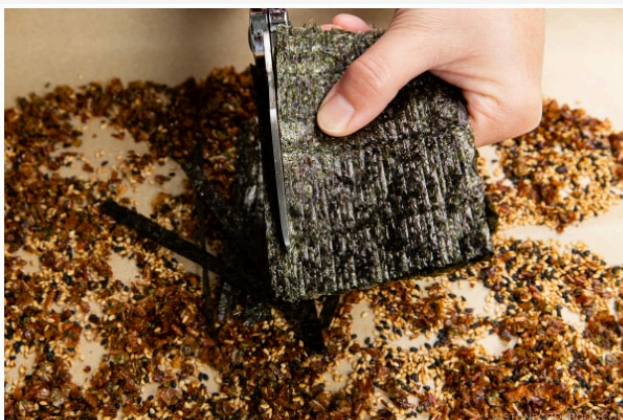
- 3 Now, lower the heat and add **3 Tbsp toasted white sesame seeds** and **1 Tbsp toasted black sesame seeds**. Cook, stirring frequently, on low heat until the sesame seeds are nicely roasted and fragrant.



- 4 Transfer the furikake to a baking sheet lined with parchment paper. Spread it out and let it cool **completely**.



- 5 Once it's cooled, cut $\frac{1}{2}$ **sheet nori (dried laver seaweed)** into thin strips, and then small pieces $\frac{1}{8}$ inch (3 mm) square.



- 6 Add the nori pieces to the cooled furikake and mix everything together.



- 7 Taste the furikake and adjust the seasonings by adding more salt or sugar at this step. I decided to add an additional **1 tsp aonori (dried green laver seaweed)** for enhanced color and taste (optional).



- 8 In an airtight glass jar, add one **Food Safe Silica Gel Desiccant Packet** on the bottom, add the furikake, and close the lid tightly. [↗](#)



To Serve

- 1 Enjoy sprinkling it over steamed rice and popcorn!



To Store

- 1 You can refrigerate it for up to 2 weeks and freeze it for up to a month without a desiccant packet. With the packet, you can keep it at room temperature for 1–2 months.

NUTRITION

Serving: 1 cup · **Calories:** 270 kcal · **Carbohydrates:** 13 g · **Protein:** 14 g ·
Fat: 18 g · **Saturated Fat:** 3 g · **Polyunsaturated Fat:** 8 g ·
Monounsaturated Fat: 7 g · **Sodium:** 922 mg · **Potassium:** 190 mg ·
Fiber: 4 g · **Sugar:** 6 g · **Vitamin A:** 584 IU · **Vitamin C:** 4 mg · **Calcium:**
320 mg · **Iron:** 5 mg

Author: Namiko Hirasawa Chen **Course:** Condiments, How to **Cuisine:** Japanese

Keyword: furikake, rice seasoning

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Editor's Note: This post was originally published in July 2013. It has been republished on November 27, 2022, with the revised recipe, new images, and updated content with more information.

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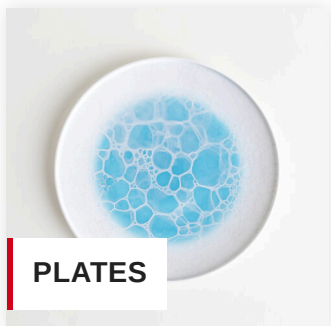
About Namiko Hirasawa Chen

I'm Nami, the recipe developer and founder of Just One Cookbook. I was born and raised in Yokohama, Japan, and now live in San Francisco with my family. Here, you will find easy and authentic Japanese recipes you'll love and enjoy!

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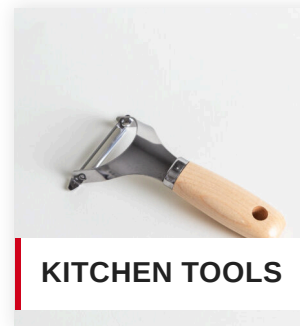
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**Anna** 2 months ago

Dear Namiko,

could I use a mixer or food processor to cut the katsuobushi and the kompu? That's what keeping me from trying this recipe, because I know I can't cut them well enough. And I got no patience to cut the nori with a scissor, but gladly I bought the already cutted one.

 0 Reply**Naomi (JOC Community Manager)** Admin Reply to [Anna](#)  1 month ago

Hi, Anna! Thank you very much for trying Nami's recipe!

You may use a food processor to cut them into small pieces. Make sure to run it for a short time to avoid it turning into a paste, especially if you're using wet kombu and Katsuobushi.

We hope this helps!

 0 Reply**Anna** Reply to [Naomi \(JOC Community Manager\)](#)  26 days ago

Thank you, it helps a lot. Now I only need to buy a new lid, as the old one now lives in oblivion of my ex-boyfriends flat.



1



Reply

Happy Cyclist

🕒 7 months ago

This recipe looks amazing! I am so impressed to learn that you can repurpose the used katsuobushi and kombu after making dashi! Thank you so much for this recipe!!



0



Reply

Naomi (JOC Community Manager)

Admin

🗨️ Reply to [Happy Cyclist](#) 🕒 7 months ago

Hi there! Thank you for reading Nami's post and trying her recipe!

We are glad you found this recipe! 😊 Happy Cooking!



0



Reply

Tiffany

🕒 8 months ago

I love Furikake on eggs, in onigiri or just on buttered spaghetti noodles. We rarely make Chex mix, but we do coat oyster crackers with a little oil and toss in furikake. Bake at a low temp just to toast them, and they are very good!



📝 Last edited 8 months ago by Tiffany



1



Reply

Naomi (JOC Community Manager)

Admin

🗨️ Reply to [Tiffany](#) 🕒 8 months ago

Hi Tiffany! Wow! It sounds like an easy and quick, delicious snack!

Thank you so much for reading Nami's post and sharing your experience with us. 🙌



0



Reply

Lee

🕒 1 year ago

I use a dehydrator to dry out the spent katsuobushi and kombu after making mentsuyu. It makes it very crispy!



0

Reply

Naomi (JOC Community Manager)

Admin

 Reply to [Lee](#) 1 year ago

Hi Lee! What a great idea to use a dehydrator!

Thank you so much for trying Nami's recipe and sharing the experience with us. Happy Cooking!



0

Reply

Niall

1 year ago

This was good but I suggest toasting the sesame seeds in a separate pan and combining at the end. By the time they were toasted, I had burned bits of bonito which tasted a little bitter.



0

Reply

Naomi (JOC Community Manager)

Admin

 Reply to [Niall](#) 1 year ago

Hi Niall, Thank you so much for trying Nami's recipe and for your feedback.

Nami used toasted sesame seeds in the recipe, but roasting them separately is a good idea if you're using raw sesame seeds.

Thank you for taking the time to tell us about your experience! 😊



2

Reply

Jami

1 year ago

Hi Nami! Is there any way to make this without sesame seeds or do you have any suggestions for a good substitute? I'd like to make some for a friend that has a sesame allergy – she's had a hard time finding any yummy furikake that doesn't have sesame seeds so I was delighted to find this recipe! Any recommendations? Thank you!



2

Reply

Steph

🕒 1 year ago

Hi Nami! How would I made this spicy? Can I add togarashi? Thanks!

👍 0

➡ Reply

Naomi (JOC Community Manager)

Admin

💬 Reply to [Steph](#) 🕒 1 year ago

Hi Steph! Thank you for reading Nami's post and trying her recipe!

Sure. You can add Togarashi, chili flakes, wasabi, etc.

<https://www.justonecookbook.com/shichimi-togarashi/>

<https://www.justonecookbook.com/gochugaru-korean-chili-flakes/>

<https://www.justonecookbook.com/wasabi/>

We hope this helps!

👍 0

➡ Reply

Michael K Wascher

🕒 1 year ago

I love furikake. Great with eggs, sprinkled on a bagel & cream cheese, anything that needs a flavor bomb & a bit of texture.

I can't wait to make my own.

👍 0

➡ Reply

Naomi (JOC Community Manager)

Admin

💬 Reply to [Michael K Wascher](#) 🕒 1 year ago

Hi Michael, Thank you for reading Nami's post!

We hope you enjoy the homemade Furikake soon. 😊

👍 0

➡ Reply

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