



7. Using both hands, form your rice ball into a triangular shape. Use your hands as a mold and gently apply pressure as you shape the rice ball.

8. Apply a wide strip of *nori* around the rice ball.

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9. Ready to eat — hot or cold!

### *Omusubi* or *Onigiri* Riceballs

Riceballs, a favorite food of Japanese, are called *omusubi* or *onigiri*. They are delicious, portable and fun to make!

Riceballs are most often triangular in shape, though in Japan they may also be oblong shaped. The rice is often seasoned, with salt or other flavorings. This not only adds flavor, but helps to preserve the rice. Inside the riceball, one usually places pickled plums, flavored strips of kelp, or dried bonito flakes.

One "wraps" the riceball with *nori* for extra flavoring and also to prevent the rice from sticking to other foods when packing the riceball or to prevent it from sticking to your hands as you eat it. Try this recipe and enjoy your *omusubi*!

My child made *omusubi*!

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Get your parent's signature.