

Caterina in the Kitchen

Caterpillars To-Go

Caterpillars To-Go make a nice take along rice treat for Caterina's friends. They are especially popular with the seagulls who enjoy the salty taste of the sea on EVERYTHING.

Each chef will need:

1 cup uncooked sticky rice
Salt
Nori (Seaweed) Sheets -used for making sushi
clear plastic wrap
googley eyes
pipe cleaners
glue

You will also need: kitchen scissors or a knife, sushi molds (not necessary, but does make rice much easier to shape)

1. Rinse the rice and place it in a saucepan with the water. Bring to a simmer, then turn the heat to low and cover the pan with a lid. Cook the rice for 10 minutes. Turn the heat off and keep the lid on for 7 to 98 more minutes, until the rice is sticky and soft. Season with salt and.
2. Form rice into the shape of a caterpillar. (If you have sushi molds use them) Japanese rice is VERY sticky! Try to get the sticky rice off your hands/wings without actually putting your hands/wings in your mouth. This can be challenging! Caterina likes to keep a wet cloth nearby.
3. Cut the nori sheets into long strips. Decorate your caterpillar with stripes.
4. Wrap each caterpillar in plastic wrap.
5. Wrap pipe cleaners around one side and curl ends to make antenea.
6. glue on googely eyes.