



JAPANESE BENTO BOX WITH TOTOROS

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Cooking Ingredients (1 serving)

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|---|---|
| <i>Sushi Rice</i> | 5 oz |
| <i>Lettuce</i> | 5-6 pieces (BIG and green!!!!) |
| <i>Cheese</i> | 1-2 slices |
| <i>Regular egg</i> | 1 |
| <i>Quail eggs</i> | 1 |
| <i>Precooked chicken</i> | A small amount |
| <i>or your choice of other sources of protein</i> | *make sure it can be completely covered by the sushi rice |
| <i>Sausage</i> | 1 |
| <i>Strawberries</i> | 4-5 ct |
| <i>Blueberries</i> | 10-20 ct |
| <i>Kiwis</i> | 1 ct |
| <i>Broccoli</i> | A small amount |
| <i>Dry seaweed sheet</i> | A very small amount |
| <i>Seaweed salad</i> | A small amount |
| <i>Red Cabbage</i> | A small amount |
| <i>Shimeji mushrooms</i> | A small amount |
| <i>Sesame Seed (preferably ground)</i> | A small amount |

Tools and utensils

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|---|---|
| <i>A small knife (for creative cutting on eggs)</i> | |
| <i>Plastic wraps or plastic gloves</i> | Used to shape the rice into a Totoro |
| <i>Big straw (those for bubble tea)</i> | 1 |
| <i>Regular straw</i> | 1 |
| <i>Toothpicks</i> | 3-4 |
| <i>Rice cooker</i> | 1 |
| | Disposable ones also available in Walmart |



A cuuuuuuuute Bento boxes

Preparation

- Cook rice
- Boil a regular eggs and a quail egg
- Boil Shimeji mushrooms
- Grind sesame seed
- Slice chicken into small pieces
- Cook the sausage
- Wash all the fruits



Making the BIG Totoro

- Mix white sticky rice with sesame seeds and blend them well
- On a seaweed sheet, cut out the eyes, nose, whiskers and the triangular parts on the Totoro's stomach using scissors
- Using big straws, cut out two small circles from a slice of cheese as Totoro's eye white
- With leftover cheese, cut out an oval for the stomach. Decorate it with seaweed
- Cover the bento box completely with pieces of lettuce
- Mold the rice into a Totoro with your hand. You can either use plastic gloves or wrap the rice with plastic wraps so the rice don't stick on your hand
- Put the well-cut seaweed shapes onto the Totoro.
- Last, put a small piece of lettuce on Totoro's head



Making the Mini Totoro



- Cut off the bottom of the quail egg without revealing any yolk
- Cut off one side of the egg white without revealing any yolk

- From the piece you just cut off, cut out the mini Totoro's ears shaped like this...



Make a slit on the top and slice the ears in

- Cut out two small circles from a slice of cheese. They are the mini Totoro's eye white
- Finish up the mini Totoro by adding seaweed on the Totoro's eyes



Making the Blue

Totoro

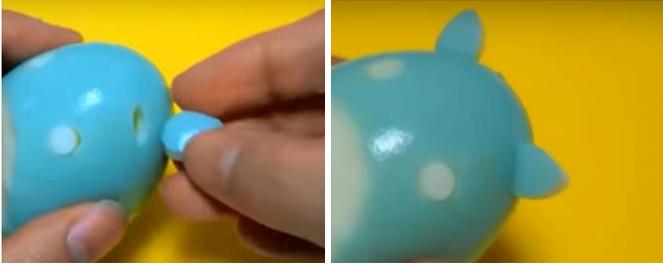
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- Boil some red cabbage and take off the shells of the regular-sized eggs. After the water turns blue, put in eggs and let them sit for 10 minutes
 - After the egg turns blue, take it out and cut out a small piece of egg white without revealing any yolk
 - Cut two small oval-shaped ears out from the smaller piece



- Stick the small straw into the egg and scoop out two cylinders from the egg, remove the blue tips and put stick them back in. The two white circles are the Totoro's eye white!



- Squish the tip of the straw and poke it in where you want to put the ears. Scoop out the portion of egg white and stick it back in vertically as the Totoro's ears



- Decorate it with seaweed



Cut the sausage in to 2-inch cubes and cut off the stem of the mushroom. Place them together and pit it through with a tooth pick. Repeat the process to get 3-6 acorns

- Put the big Totoro in one section of the Bento box and the small and mini ones in the other section
- Decorate the bento box with vegies and fruits

YOU ARE DONE! GOOD JOB!!!!!!

