

# Ham *Onigiri*

## Ingredients (for six pieces)

2 cups steamed Japanese rice

3 slices deli ham

*Umeboshi* (salted and fermented Japanese plum, optional)

If using *umeboshi*, slice into halves and remove pits; reserve. The rice may be freshly cooked and cooled, or leftover from the day before and reheated slightly. Scoop one third of a cup of rice onto the palm of one hand; some people wear food-grade gloves to prevent the rice from sticking, or simply wet clean hands with a little water. If using *umeboshi*, place one half at the centre of the rice ball, then wrap around and press with hands to form a tapered cylinder; set aside and repeat with more rice, to form a total of six rice cylinders; set aside. Cut deli ham slices in half; if they are round, trim ends, to form rectangular bands. Wrap one strip of ham around each rice cylinder; serve as a light lunch or an appetizer:

