

# Microwave Mochi

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Cognitive, Physical

## What You Need:



- 1 box rice flour (mochiko)
- 2-1/4 C sugar
- 2 C water
- 1 (12 oz) can coconut milk
- 1 tsp vanilla extract
- Potato starch
- Cooking spray
- Food coloring (Optional)

## What To Do:

1. In a large bowl, help keiki mix rice flour, sugar, water and coconut milk.
2. Add vanilla extract and food coloring and talk about the changes in texture and color.
3. Spray a microwave bundt pan with cooking spray; put half of the mixture in the bundt pan.
4. Place pan in a dish with water and cover with plastic wrap.
5. Microwave on Medium-High for 10-12 minutes. As you are waiting, weave a tale about the "mochi man" who jumps off the plate and runs away, much like the story of *The Gingerbread Man*.
6. Dust plate with potato starch and invert mochi. Cool and help keiki cut mochi with a plastic knife.
7. Repeat with second half.

Adapted from: *80 Years of 4-H Cooking in Hawai'i*



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