

Stuffed Nori Cones

Also called te-maki, these cones make an attractive snack, party food, or meal starter.

With scissors, cut each nori sheet in half lengthwise, then cut both pieces in half crosswise to make four quarters. Set aside. Place all remaining ingredients in a bowl and mix together well. Taking one piece of nori at a time, carefully fold into a cone shape. A drop of water will cause overlapping sides to stick. Just before serving, fill each cone with the mix, decorating the top of each with a sprig of watercress. Arrange filled cones neatly on a tray and serve.

*Recipe from Peter and Montse Bradford, authors of *Cooking With Sea Vegetables*.

Preparation List:

Makes 8 cones

- 2 sheets toasted nori
- 1 cup cooked brown rice
- ½ cup chopped watercress
- ½ cup grated carrots
- 4 tablespoons toasted sesame seeds
- 1 tablespoon lemon juice
- 1 tablespoon natural prepared mustard
- 1 tablespoon umeboshi vinegar
- Watercress sprigs for garnish