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November
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The
Nicholas
Endowment

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Uli Uli Rattles

materials

2 small paper plates	1 blank disposable cup	Stapler
Markers	Rice/beans	Hot glue gun
Glue stick	Feathers	

Background Information

ULI`ULI rattles are instruments used in Hawaiian hula dances. These instruments are made out of gourds, filled with seeds, shells, or pebbles, and decorated with feathers. Hula dancers will hold one or two, striking them against their bodies during the dance.

www.kaimi.org

Tips

- Be careful when using a hot glue gun.
- When hot gluing the plate to the cup, don't tip the cup to the side, otherwise the beans/rice will become stuck in the hot glue.
- Plates come with built in ridges- use them in your designs.
- Can't find a blank cup? Cut a blank sheet of paper and glue it over the cup.



Procedure

1. Decorate your cup using markers.
2. Pour beans/rice into the cup.
3. Cover with one paper plate and hot glue together.
4. While the glue cools, decorate the bottom of the second plate using markers.
5. Add feathers to the edge of the blank plate (the one attached to the cup), using the glue stick.
6. Place the decorated plate on top of the feathers
7. Staple the plates together; this will hold the feathers in place.
8. Try it out!



2

Ham and Cheese Coquette Tapas

materials

4 cups firm, cold mashed potatoes
Half cup lean ham cut into small pieces
3/4 cup grated Manchego cheese
3 tablespoons finely chopped fresh parsley
1 egg for mixture- 2 eggs for crust
1 package Panko breadcrumbs (7 oz.)
Olive oil
No salt needed (ham and cheese supply the saltiness)

Background Information

The bars in the Castile region of Spain feature a delicious selection of appetizers called tapas. You may already know this, but have you ever wondered where the name tapas came from? The Spanish language word for the verb cover is tapar. Originally, tapas were pieces of bread used to cover the tops of wine glasses to keep the flies out of the glass. The pieces of bread became known as “tapas.” Today, tapas are as simple as a slice of bread or cheese, or as elaborate as clams in a wine broth, or croquettes.



Photo 1



Photo 2

Procedure

1. Combine mashed potatoes, ham, cheese, parsley and 1 egg in large bowl and mix by hand **Photo#3**
(If baked croquettes are preferred, preheat oven to 400 degrees. Instructions below.)

2. Cover bottom of frying pan with one inch of oil and heat to med. high heat (frying temperature)

3. Prepare 2 bowls for dredging: in the first beat an egg with 2 tablespoons of water to make a wash. In the second: place the bread crumbs.

4. Shape potato mixture into round patties, balls, or cylinder shapes. Dredge first in the egg wash (allow excess egg to drip off) and then in the breadcrumbs. Repeat. This double dredging will ensure a firm crust. **Photo #4 and #5**

5. Fry croquettes in hot oil until golden on one side then turn over carefully using two spatulas. When golden brown, remove and place on paper towels to drain. **Photo #6**

6. Enjoy! In the photo the golden croquettes are fried, the lighter croquettes are baked.

For baked croquettes:

Cover cookie sheet with parchment paper and drizzle with oil. Place croquettes on paper and drizzle with more oil. After 10 minutes in the preheated oven, turn over and bake for another 10 minutes.





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