

Chinese new year dragon noodles



boil+dunk

Grown Ups: Dunk **8-10 oz. dried rice noodles**, linguine-width, in skillet of boiling water, stir well and turn off the heat. Transfer the water and noodles to a bowl and allow the noodles to soften while the kids prepare the soup base.

dice+grate

Have kids dice **1 shallot**. Add the shallot to pre-heated skillet with **a little vegetable oil** to soften. Have kids touch and smell some fresh ginger, peel the skin and grate **1 tsp of fresh ginger**. Add to the skillet with the shallot

mix+measure+blend

Have the kids mix and measure out **¾ C of vegetable oil**, **3 T dark sesame oil**, **¼ C of rice wine vinegar**, **3 T of honey** and **½ cup smooth tahini paste** (sub ½ cup of silken tofu) to a bowl. Add the grated ginger and shallot from the sauté pan into your blender. Blend the until creamy and thick. Add to a large bowl and set to the side.

choose+chop

Choose 4 (or more!) of the veggie options below:

- 1 red bell pepper**
- 2 handfuls of bean sprouts**
- 1/2 pound broccoli**
- 1 can of baby corn**
- 1/2 cup grape tomatoes**
- 1 Carrot**
- 1 cucumber**
- 1/2 pound sugar snap peas**
- 4 scallions**

Have the kids chop up everything! Sauté the veggies for about 5 min in a preheated skillet with a little vegetable oil just until soft. Add the veggies to the bowl with the dressing to marinate the veggies a little.

toss+eat

Check rice noodles to make sure they have softened enough to eat (they should be 'al dente'). Drain the noodles and add to a large bowl with the dressing. Toss the noodles with the dressing and veggies! Have kids add 3 T of chopped parsley (using some scissors) and sprinkle sesame seeds to the top of the noodles! YUM!

Xin Nian Kuai Le! (sing nee-ann koo-why ler) or Happy New Year in Mandarin Chinese!

continued



Mixing & Measuring & Knife Skills, Oh My!

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Rice Noodles!

- ★ Rice noodles are noodles that are made from rice. Their principal ingredients are rice flour and water. However, sometimes other ingredients such as tapioca or corn starch are also added in order to improve the transparency or increase the gelatinous and chewy texture of the noodles.
- ★ Rice noodles are most commonly used in the cuisines of East and Southeast Asia, and are available fresh, frozen, or dried, in various shapes and thicknesses.
- ★ In Chinese culture, the noodle is a symbol of long life. For that reason, noodles are traditionally served on birthdays and on the Chinese New Year as an emblem of longevity.
- ★ The Chinese version of birthday cake is birthday noodles.
- ★ In Japan, noodles were incorporated into the Japanese tea ceremony, and noodle-making was considered its own art form.
- ★ In just about every Asian culture that uses them, noodles are associated with well-being and long life and can be considered an Asian comfort food.

What do you call a fake noodle? An Impasta!

What is worse than finding a worm in the apple that you are eating? A half of a worm in your noodle soup!



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