



Glazed Korean "Wanja Jorim" Balls + Smashed Cucumber Salad + Honey Chrysanthemum Tea

By Dylan Sabuco

Prep Time 20 / Cook Time 15 / Serves 4 - 6

Shopping List

☐ FRESH

☐ 1 pkg extra firm tofu ****(see allergy subs below)****

☐ 2 green onions

☐ 2 cucumbers

☐ 1 garlic clove

☐ PANTRY

☐ 1 pkg rice paper wrappers (make sure each kid chef gets 1 sheet of rice paper at least)

☐ 3 T soy sauce ****(see allergy subs below)****

☐ 2 T ketchup

☐ 1 tsp sesame seeds, optional ****(see allergy subs below)****

☐ 2 to 3 T vegetable oil

☐ 2 pinches crushed red pepper flakes

☐ 1 1/8 tsp salt

☐ 1 1/2 T rice vinegar

☐ 3 chrysanthemum (or chamomile) tea bags

☐ 1/3 C honey

☐ 1/8 tsp ground black pepper

☐ HAVE ON HAND

☐ 8 C water (for soaking rice paper and steeping tea)

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

soak: to immerse a hard food for a certain amount of time in a liquid to soften it.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

smash: to break up food into smaller pieces or squash food to flatten or soften it.

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

Equipment

☐ Large sauté pan or skillet

☐ Medium mixing bowl

☐ Large mixing bowl

☐ Liquid measuring cup

☐ Measuring spoons

☐ Wooden spoon

☐ Heat-resistant spatula or tongs

☐ Cutting board + kid-safe knife

☐ Small bowl

- ☐ Pastry brush
- ☐ Small mixing bowl
- ☐ Pitcher

Ingredients

Glazed Korean "Wanja Jorim" Balls

- ☐ "Wanja Jorim" Balls:
 - ☐ 1 pkg extra firm tofu ****(for SOY ALLERGY sub 2 C chopped mushrooms (about 1 per student—button mushrooms are my favorite)****
 - ☐ 1 pkg rice paper wrappers (make sure each kid chef gets 1 sheet of rice paper at least)
 - ☐ 1 T soy sauce ****(for SOY ALLERGY sub coconut aminos)****
 - ☐ 1 T ketchup
 - ☐ 4 C water, for soaking rice paper
 - ☐ 1/8 tsp salt
 - ☐ 1/8 tsp ground black pepper
 - ☐ 1 to 2 T vegetable oil for cooking
- ☐ Glaze:
 - ☐ 2 T soy sauce
 - ☐ 1 tsp rice vinegar
 - ☐ 1 T ketchup
 - ☐ 2 green onions
 - ☐ 1 tsp sesame seeds, optional ****(Omit for SESAME ALLERGY)****
 - ☐ 1 squeeze honey
 - ☐ 1 pinch crushed red pepper flakes

Korean Smashed Cucumber Salad

- ☐ 1 garlic clove
- ☐ 2 cucumbers
- ☐ 1 tsp salt

- ☐ 1 tsp vegetable oil
- ☐ 1 T honey
- ☐ 1 pinch crushed red pepper flakes
- ☐ 1 T rice vinegar

Honey Chrysanthemum Tea

- ☐ 3 chrysanthemum (or chamomile) tea bags
- ☐ 4 C hot or room temperature water
- ☐ 1/4 C honey

Food Allergen Substitutions

Glazed Korean "Wanja Jorim" Balls

Soy: For 1 pkg extra firm tofu, substitute 2 C chopped mushrooms, about 1 mushroom per student. Substitute coconut aminos for soy sauce.

Sesame: Omit sesame seeds.

Korean Smashed Cucumber Salad

Honey Chrysanthemum Tea

Instructions

Glazed Korean "Wanja Jorim" Balls

intro

Greet your students by saying "Hello" in Korean: "Annyeong!" (Ahn-nyoung). This recipe is a spin on Korean glazed meatballs, but you will use tofu as the main ingredient to substitute for ground meat. It is also a very hands-on recipe. Wrap the tofu with rice paper and brush it with a sticky glaze while these "Wanja Jorim" (Wahn-jshah Joh-reem) balls sauté. This new take on glazed meatballs will be a delightful addition to your culinary bag of tricks.

crumble

Crumble **1 package of extra firm tofu** into a medium mixing bowl. This will fill the rice paper wrappers later in the recipe.

measure + soak + shape

Measure **4 cups water**, **1 tablespoon soy sauce**, and **1 tablespoon ketchup** into a large mixing bowl. Stir the mixture until all the ketchup is incorporated. Take each rice paper wrapper and soak it in the mixture for about 20 seconds. Let a little of the liquid drip off the paper, scoop roughly 1 tablespoon of the crumbled tofu into the center of the wrapper, then start rolling the rice paper into balls. This might take a few minutes. The rice paper balls need to be rolled tightly enough that they won't unravel while cooking.

sauté + season

Preheat a large sauté pan to medium high heat with **1 tablespoon of vegetable oil**. Place the rolled rice paper balls into the oil. Sprinkle with **1 pinch of salt** and **1 pinch of black pepper**. Cook on each side for 3 minutes or until lightly browned. Remove each ball from the skillet and reserve for later.

chop + simmer

Chop **2 green onions**. Place those in the skillet with any oil that remains from cooking the balls. Then, measure and stir in **2 tablespoons soy sauce**, **1 teaspoon rice vinegar**, **1 tablespoon ketchup**, **1 teaspoon sesame seeds**, **1 squeeze of honey**, and **1 pinch of crushed red pepper flakes**. Reduce the heat to low and simmer for 3 minutes, or until reduced by about half.

reserve + glaze

Reserve the glaze in a small bowl. Return the balls to the pan and turn the heat to medium. Cook the balls for about 2 more minutes per side while brushing them with the reserved glaze.

serve

Once the balls are toasted and glazed, serve them alongside Korean Smashed Cucumber Salad (see recipe) and wash it all down with a little Honey Chrysanthemum Tea (see recipe).

Korean Smashed Cucumber Salad

chop + measure + stir

Mince **1 garlic clove** and chop **2 cucumbers** into 4 large pieces and place into a large mixing bowl. Sprinkle them with **1 teaspoon of salt** and reserve for later. In a smaller bowl, measure and mix **1 teaspoon vegetable oil**, **1 tablespoon honey**, **1 pinch of crushed red pepper flakes**, and **1 tablespoon rice vinegar** and whisk them together.

smash + marinade + serve

Using a wooden spoon, smash the cucumbers! This step will soften and break down the cucumber into smaller pieces. Once sufficiently smashed, pour the mixture of oil, vinegar, and spices over the cucumbers. Mix and allow the cucumbers to sit for at least 10 minutes to soak up all that delicious dressing. Serve alongside Glazed Korean "Wanja Jorim" Balls (see recipe)!

Honey Chrysanthemum Tea

measure + steep

Measure **4 cups of water** and **1/4 cup of honey** into a large pitcher. Place the pitcher in a sunny spot in your kitchen, and add **3 chrysanthemum tea bags**. Allow the tea to steep for about 15 minutes while you make other recipes. (You can also heat the water first if you need the tea to steep more quickly.)

stir + sip

Remove the tea bags and stir. Pour the tea into everyone's cups. Cheers!

Featured Ingredient: Rice Paper!

Hi! I'm Rice Paper!

"I'm paper, but you can eat me! That's interesting, isn't it? There is also rice paper that you can't eat, but you can write and draw on it. It's made from tree bark. Yuk! The rice paper you can eat is made from rice flour, tapioca flour, water, and salt. I start out as a very thin rice cake, and then I'm dried out to become like a sheet of paper. You can dip me in water and wrap me around sweet and savory foods. Yum!"

Edible rice paper was first created in the country of Vietnam, where they are called "bánh tráng" (pronounced "baan trahn"). Soaked rice was ground, salt was added, and then enough water to create a thin, semi-liquid substance (a slurry). This mixture was then spread on a large bamboo mat to dry in the sun. Today, machines may be used to steam and dry the wrappers to export to other countries.

Rice paper wrappers in the store typically include tapioca flour (or starch) to make them lighter and last longer. They are thin and become translucent after being immersed in water.

The wrappers vary depending on where they are made and how they will be used. Some include sesame seeds, bananas, milk, coconut milk, or sugarcane syrup. The texture of some wrappers resembles rice crackers.

Vietnamese spring rolls are appetizers made with rice paper wrappers. Some are filled with vegetables and herbs, and others with cooked meat and vegetables. They can be served after the fillings are rolled up in the wrapper or deep-fried. The filling is the star, as the rice paper has little flavor.

Edible rice paper can also be used to create cake decorations, like sails; however, wafer paper, made from potato starch, is generally used for this purpose.