



## **Lovely "Laksa" Malaysian Noodle Soup + Chopped Herb Slaw + Sweet "Singapore Slingers"**

By Dylan Sabuco

**Prep Time 25 / Cook Time 15 / Serves 4 - 6**

### **Shopping List**

☐ FRESH

☐ 3 green onions

☐ 1/4 C fresh cilantro

☐ 1/4 small ginger root

☐ 2 limes

☐ 1 orange

☐ PANTRY

☐ 1 8-oz pkg rice noodles

☐ 1 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***

☐ 1/2 to 2 T green curry paste

☐ 1 can coconut milk, low/reduced fat if available **\*\*(for COCONUT ALLERGY sub 1 C dairy or soy milk)\*\***

☐ 1 tsp coriander/cumin/curry powder (pick 1 or a combination of all 3)

☐ 1 pinch salt

☐ 1 pinch black pepper

☐ 1/4 C + 1 pinch granulated sugar

☐ 1 tsp vegetable oil

☐ HAVE ON HAND

☐ 5 C water

☐ ice, optional

## Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**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.

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**garnish:** to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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

**crush:** to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

☐ Large pot with lid

☐ Medium mixing bowl

- ☐ Measuring spoons
- ☐ Can opener
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Liquid measuring cup
- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Soup ladle
- ☐ Pitcher
- ☐ Dry measuring cups

## Ingredients

### Lovely "Laksa" Malaysian Noodle Soup with Freshly Chopped Herb Slaw

- ☐ 1 8-oz pkg rice noodles
- ☐ 1 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 2 C water
- ☐ 1/2 to 2 T green curry paste
- ☐ 1 can coconut milk, low/reduced fat if available **\*\*(for COCONUT ALLERGY sub 1 C dairy or soy milk)\*\***
- ☐ 1 tsp coriander/cumin/curry powder (pick 1 or a combination of all 3)
- ☐ 1 pinch granulated sugar
- ☐ 1 pinch salt
- ☐ 1 pinch black pepper
- ☐ 3 green onions
- ☐ 1/4 C fresh cilantro
- ☐ 1/4 small ginger root
- ☐ 1 lime, juiced
- ☐ 1 tsp vegetable oil

### Sweet Syrupy "Singapore Slingers"

- ☐ 1 lime, juiced
- ☐ 1 orange, juiced
- ☐ 1/4 C granulated sugar
- ☐ 3 C cold water
- ☐ ice, optional

## Food Allergen Substitutions

Lovely "Laksa" Malaysian Noodle Soup with Freshly Chopped Herb Slaw

**Gluten/Wheat:** Substitute coconut aminos for soy sauce in Soup.

**Soy:** Substitute coconut aminos for soy sauce in Soup.

**Coconut:** Substitute 1 C dairy or soy milk for 1 can coconut milk in Soup.

Sweet Syrupy "Singapore Slingers"

## Instructions

Lovely "Laksa" Malaysian Noodle Soup with Freshly Chopped Herb Slaw

### intro

"Laksa" (LAKH-suh) is a staple dish in Malaysia (muh-LAY-zhee-uh), a country in Southeast Asia. This soup is known for its rich, almost curry-like, broth and a variety of noodles and toppings. This recipe will focus on rice noodles, creating the perfect broth and toppings! Make sure to greet your family with a Malaysian "Hello!" while you prepare this dish together: "Salaam" (SAH-lah-ahm)!

### measure + whisk

In a medium mixing bowl, measure and whisk together **1 tablespoon soy sauce, 1/2 to 2 tablespoons green curry paste, 1 can coconut milk, 1 teaspoon coriander, 1 pinch of sugar, 1 pinch of salt, and 1 pinch of black pepper.**

### simmer + measure

Pour the mixture of liquids and spices into a large pot over medium heat. Bring the mixture to a simmer, stirring infrequently. Simmer for 5 minutes. Meanwhile, measure **2 cups of water** in a medium mixing bowl and place **1 package of rice noodles** in the water. Allow the noodles to soak while the pot finishes simmering.

### combine + stir

Pour the rice noodles and water into the large pot. Stir the mixture to gently combine. Simmer the mixture for at least 10 minutes. Cover with a lid and remove from the heat.

#### recipe tip

To thicken laksa that is too watery, simmer for an extra 5 minutes uncovered. This will reduce the water content in the pot, thus increasing the rich curry flavor.

#### chop + add

Time to make the herb slaw. Roughly chop **3 green onions** and **1/4 cup cilantro**. Place the chopped onions and cilantro in a medium mixing bowl. Then, peel and mince **1/4 of a small ginger root** and add it to the medium mixing bowl.

#### juice + drizzle + combine

Juice **1 lime** into the mixing bowl of herbs. Drizzle the mixture with **1 teaspoon vegetable oil** and combine.

#### serve + garnish

Laksa is a rich noodle soup by itself, but it is made complete after you garnish it with all your favorite toppings. Scoop the noodles and broth into a bowl, then add the herb slaw. The list of garnishes you can add is endless for this delicious, rich soup, such as boiled egg, seaweed, radish, bean sprouts, or sesame seeds.

## Sweet Syrupy "Singapore Slingers"

#### wash + juice + measure

Wash **1 lime** and **1 orange** and juice them into a pitcher. Then, measure and add **1/4 cup** of sugar.

#### crush + stir

Place the unpeeled lime and orange into the pitcher after you juice them. Crush them with a wooden spoon. The more you smash and stir the mixture in the pitcher, the more the sugar will dissolve and become infused with the flavor from the peels of the citrus.

#### add + stir + pour

Add **3 cups of water** and the optional ice. Stir until all the sugar is dissolved and pour into cups.

## Featured Ingredient: Rice Noodles!

Hi! We're Rice Noodles!

"Like our name sounds, we're made from rice! Rice flour and water, to be exact. We originally came from China over 2,000 years ago! One shorter variety of Chinese rice noodles has some fun names: "silver needle noodles" are also called "rat noodles," "mouse-tail noodles," or "runny nose vermicelli."

During the Qin Dynasty, Northern Chinese people grew wheat and millet where it was colder, and they ate noodles made with those grains. When invaders from the North invaded Southern China, they began to make their noodles out of rice, which was grown in the hotter southern region of the country. Eventually, rice noodles were shared with other parts of the world and have become very popular in Southeast Asian cuisine.

In Chinese culture, the noodle is a symbol of long life. For that reason, noodles are traditionally served on birthdays and Chinese New Year as an emblem of longevity.

Some varieties of rice noodles include tapioca starch or cornstarch, which can make the noodles more transparent and chewy.

Rice noodles may be thick or thin, round or flat, long or short, but they can be found in many Asian dishes you might know, like "pad Thai" (stir-fry noodle dish from Thailand) and "phở" (Vietnamese noodle soup). Rice noodles are gluten-free, so they are a good substitute for wheat noodles for those with celiac disease, gluten sensitivity, or wheat allergy.

The amount of calories in a serving of rice noodles is similar to a serving of white rice, and both are low in fiber. In addition, they are naturally low in salt, but putting too much soy sauce on them can add extra, unhealthy amounts of sodium.