



## Faux Vietnamese Vegetable Pho with Nicey-Ricey Noodles in a Mug

By Erin Fletter

**Prep Time** 15 / **Cook Time** 3 / **Serves** 1 - 1

### Fun-Da-Mentals Kitchen Skills

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

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**slice:** to cut into thin pieces using a sawing motion with your knife.

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

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

### Equipment

- Microwave
- Microwave-safe mug
- Potholder
- Large mixing bowl
- Metal spoon
- Cutting board + kid-safe knife (butter knife works great)
- Liquid measuring cup
- Paper towel or dish towel
- Vegetable peeler

- Measuring spoons
- Clean pair of kid-safe scissors
- Colander
- Fork or chopsticks
- Soap for cleaning hands

## Ingredients

### Faux Vietnamese Vegetable Pho with Nicey-Ricey Noodles in a Mug

- 2 oz dried flat white rice noodles, like Pad Thai noodles
- 3/4 C vegetable broth
- 1-inch piece of fresh ginger root
- 1 dried star anise
- 1 cinnamon stick
- 1 green onion
- 1 medium-sized carrot
- 1/4 tsp salt
- 4 to 5 fresh basil leaves
- 4 to 5 sprigs fresh cilantro
- 1 tsp hoisin sauce, optional

## Food Allergen Substitutions

### Faux Vietnamese Vegetable Pho with Nicey-Ricey Noodles in a Mug

## Instructions

### Faux Vietnamese Vegetable Pho with Nicey-Ricey Noodles in a Mug

soak + peel + slice

Soak **2 ounces of noodles** in a large bowl of warm water. Soak while you prep the rest of the ingredients. Use a metal spoon to peel a **1 inch piece of ginger root**, then slice the ginger into coins.

measure + microwave + steep

Measure and add enough vegetable broth to your mug to fill it 3/4 of the way, about 3/4 cup of broth. Add the ginger coins, **1 star anise**, and **1 cinnamon stick** to your mug and cover it with a dish towel or a damp paper towel. Microwave on high for 1 minute and leave in the microwave to steep while you finish prepping the rest of the ingredients.

#### slice + peel + remove

Slice **1 green onion** into thin pieces. Peel the outer layer of **1 carrot** and discard it. Then, peel the carrot into long, wide ribbons.

#### go fishing

Use a spoon to fish out the ginger, star anise, and cinnamon from your mug and discard them.

#### measure + drain + add

Measure and add **1/4 teaspoon salt** to your mug and stir. Drain the soaked rice noodles in a colander and add them to your broth. If they don't bend to fit inside the mug, snip them in half with a clean pair of kid scissors. Add the sliced green onions and carrot ribbons to your mug.

#### cover + microwave + garnish

Cover the mug with a damp paper towel or dish towel and microwave on high for 2 minutes. Carefully remove the mug with a potholder. Garnish with **4 to 5 basil leaves**, **4 to 5 cilantro leaves**, and optional **1 teaspoon of hoisin sauce!** Yum!

## Featured Ingredient: Ginger!

Hi! I'm Ginger!

"My name is Ginger, and I'm happy to make your acquaintance! You may have tasted me in lots of sweet foods and drinks, like gingerbread, ginger snap cookies, pumpkin pie, and ginger ale. But, I also add my unique flavor to savory dishes, like stir-fries and potstickers! If you use my fresh rhizome or root in a recipe, delicately peel my beige, papery skin (the back of a metal spoon works great!) and grate my juicy flesh into the food! I also come in a dried and ground form and as crystallized ginger. As a bonus, I might even make your tummy ache feel better!"

### History

Ginger is a native plant of India and China and is a common cooking spice used throughout the world. Ginger is one of the oldest plants used for medicine.

Which spices do you think are most commonly found on kitchen tables around the world? If you said salt and pepper, you'd be right! It truly depends on where you are in the world. In the ninth century, Europeans placed powdered ginger on the table alongside salt and pepper.

A long, long time ago, ginger was used to preserve food and keep it from getting rotten.

Greeks used to eat ginger wrapped in bread to treat digestive problems. After a while, they added ginger to bread dough to create the first recipe for gingerbread!

Ginger grows in many tropical countries, including the Caribbean islands. However, ginger from Jamaica is considered by many to be the best! Do you know where your ginger originated?

Ginger is also grown in Florida, Hawaii, and along the eastern coast of Texas.

## Anatomy & Etymology

Related to cardamom and turmeric, the ginger plant is part of the Zingiberaceae or Ginger family. We use the "rhizome" part of the plant, which are underground stems. Sometimes we can eat the rhizome part of a plant, and sometimes we can't! For example, bamboo plants are rooted underground by rhizomes, but the rhizome is not the part of the plant we eat—instead, we eat the bamboo shoots that come up out of the ground. But we do eat the rhizomes of plants such as ginger, turmeric, and arrowroot!

Rhizomes are also the storage compartment of the plant. What do rhizomes store? Starches, proteins, and other nutrients—that's why we eat this part of the plant (because it's nutritious!).

Ginger Root is characterized by its aroma: it smells strong, sweet, and woody. Its skin is not something we eat—we peel the skin to reveal ginger's coarse, stringy, aromatic flesh.

The ginger plant looks like a reed and has been used in the kitchen and as medicine for the past 5,000 years. A ginger plant can reach three to four feet tall.

The word "ginger" comes from late Old English "gingifer," from medieval Latin "gingiber," from Greek "zingiberis," and from Pali, a Middle Indo-Aryan language "siṅgivera."

## How to Pick, Buy, & Eat

Fresh ginger is available year-round, where you can find it in the grocery store produce section.

When selecting fresh ginger, choose robust, firm roots that feel heavy, and have a spicy fragrance and smooth skin.

Ginger root length is a sign of age, and mature rhizomes will be spicier and more fibrous than younger roots.

Ginger should not be cracked or withered—these are signs of aged ginger past its prime.

To store ginger root, wrap it in a paper towel or plastic wrap or put it in a plastic bag before placing it in the refrigerator for two to three weeks. You can also freeze it for up to three months.

According to many chefs and cooks, fresh ginger is best and can be added to sauces, soups, and stews.

Dried and powdered ginger has a more spicy, intense flavor and is often used in baked desserts like gingerbread, gingersnaps, and ginger cake.

Ginger can be sliced, minced, grated, or left whole to steep in recipes (minced ginger has the most intense flavor). It can also be dried, pickled, crystallized, candied, or preserved.

Ginger tastes sweet, spicy, and pungent and increases flavor in a range of dishes, from stir-fried beef or tofu to ginger tea.

## Nutrition

Ginger continues to be used to treat nausea and to prevent seasickness.

Ginger may also have anti-inflammatory properties and increase digestive function.

Despite its natural properties, any medicinal use of ginger should be discussed with a doctor. Limiting the amount you take will help avoid heartburn. It may also interfere with anticoagulant medicine.