



Pantry Pad Thai

By Erin Fletter

Prep Time 15 / **Cook Time** 13 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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

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

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

snip: to use scissors to cut something with quick, sharp strokes.

stir-fry: to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

adjust: to change seasonings or consistency to one's taste or to alter portion sizes.

Equipment

- ☐ Large mixing bowl or saucepan
- ☐ Liquid measuring cup
- ☐ Strainer or colander
- ☐ Cutting board + kid-safe knife
- ☐ Grater
- ☐ Citrus juicer (optional)
- ☐ Measuring spoons

- ☐ Small bowls (4)
- ☐ Whisk
- ☐ Nonstick skillet or wok
- ☐ Wooden spoon
- ☐ Plate
- ☐ Clean kid-friendly scissors (optional)

Ingredients

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- ☐ 8 to 10 oz dried, wide and flat Asian rice noodles (Thai Rice Noodle Sticks)
- ☐ 6 C hot water, for soaking noodles
- ☐ 2 green onions
- ☐ 1 garlic clove
- ☐ 1 large carrot
- ☐ 4 limes for 3 T fresh lime juice + slices for serving
- ☐ 3 T brown sugar
- ☐ 4 T soy sauce ****(for GLUTEN ALLERGY sub liquid aminos; for GLUTEN/SOY ALLERGY sub coconut aminos)****
- ☐ 1/2 T ketchup
- ☐ 2 large eggs ****(for EGG ALLERGY sub 1/2 pkg silken tofu)****
- ☐ 4 T vegetable oil ****** + more for drizzling
- ☐ 1/2 C fresh cilantro leaves

Food Allergen Substitutions

Pantry Pad Thai

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Soy: Substitute coconut aminos for soy sauce. Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Egg: For 2 large eggs, substitute 1/2 package silken tofu.

Instructions

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soak + drain

Soak **8 to 10 ounces of dried rice noodles** in **6 cups of very hot water** for 5 to 10 minutes, just enough to soften them up. Drain the rice noodles, drizzle with a small amount of vegetable oil, and set aside.

edible education

The Chinese, Arabs, and Italians have all claimed they were the first to make noodles and pasta, but the oldest written recipe comes from China, around 2,000 years ago. Noodles have been a staple food in many parts of the world for at least that long, but in 2005, the oldest noodles were discovered inside an overturned, sealed bowl buried under three meters of sediment in Qinghai, northwest China. Scientists determined the 4,000-year-old, long, thin yellow noodles were made from broomcorn millet and foxtail millet and show a fairly high level of food processing and culinary sophistication. Wow, talk about being well-preserved! Did you know there are about 350 pasta shapes?!

Pasta is a generic term for noodles made from an unleavened dough of wheat or buckwheat or rice flour and water.

chop + grate

Chop **2 green onions** and **1 garlic clove** into tiny, tiny bits. Grate **1 large carrot**. Set all of the veggies aside. While chopping and grating, count to 10 in Thai: 1 nùeng (noong), 2 sǎawng (sawng), 3 sǎam (sawm), 4 sìi (see), 5 hǎa (haah), 6 hòk (hoh), 7 jèt (dehd), 8 bpàaet (baad), 9 gǎao (gow), 10 sìp (seeb).

slice + juice

Slice and juice **2 limes** and reserve 3 tablespoons of the lime juice.

measure + whisk

Next, you will make the sauce! In a small bowl, measure and whisk together **3 tablespoons brown sugar**, **4 tablespoons soy sauce**, **1/2 tablespoon ketchup**, and the **reserved lime juice**. Set aside.

crack + whisk

Crack ****2** eggs into another small bowl and whisk together, then set aside.

heat + cook

Heat **3 tablespoons of vegetable oil** in a nonstick skillet or wok on your stovetop over medium-high heat. Add the **chopped green onions and garlic** and cook, stirring constantly, until fragrant, about 30 seconds. Add the **whisked eggs** and cook, scraping the skillet with a spatula until they are almost set, about 30 seconds. Transfer the egg mixture to a plate. Add the **soaked rice noodles, grated carrots**, and the **sauce** to the skillet. Cook, tossing constantly, until the noodles are soft, about 1 to 2 minutes. Add

the **egg mixture** and toss to coat, breaking the eggs up gently.

snip + slice

Kids can snip or tear **1/2 cup of fresh cilantro leaves** and put them in a small bowl. Slice **2 limes** and add to another bowl.

taste + adjust + garnish

Taste and adjust flavors if needed. Serve the warm Pad Thai in bowls and garnish with the **lime slices and snipped cilantro**. Squeeze all the lime juice over your noodles! Have a taste and say "Aroy" (Ah-roy) or "Delicious" in Thai while giving everyone a thumbs-up!

Featured Ingredient: Lime!

Hi! I'm Lime!

"Limes are citrus fruits just like lemons, but we're smaller, rounder, and green. And, while lemons are acidic and sour, limes are more acidic, less sweet, and have a more bitter flavor. We're often invited into the same places as lemons, but you'll probably find us in more savory than sweet dishes, although our Key lime sibling is famous for its pie!"

History & Etymology

Limes are the fruit of tropical citrus trees closely related to lemons. They are native to Southeast Asia. Currently, India, Mexico, and China produce the most limes globally.

In the 19th century, sailors drank their daily grog (beer or rum) with added lemon juice to prevent scurvy, a disease caused by a lack of vitamin C. Later, they changed to lime juice. British sailors were derogatorily called "limeys" because of their use of limes. Navies who prevented scurvy by their daily lemon or lime intake would have the advantage over a country's navy that did not use citrus in their diets.

There are several species of lime plants, and many are hybrids. The type of lime generally sold in grocery stores is the Persian or Tahitian lime, a hybrid of a Key lime and a lemon. The Key lime, native to Southeast Asia, is also known as the West Indian lime; however, the Key lime name comes from the Florida Keys, where it flavors their famous Key lime pie. Spanish explorers brought the lime to Florida in the 16th century. The Kaffir or Makrut lime is native to Southeast Asia and southern China. These three limes are the most widely produced worldwide, with the Persian leading the other two.

The English word "lime" comes from mid-17th century French from the Spanish "lima," from the Arabic *līma*, and the Persian "limu."

Anatomy

Since the Persian lime is the most popular, we will focus on its anatomy. The fruit is about 2.4 inches in

diameter. It has no seeds, is larger, less acidic, and has a thicker skin than a Key lime.

A citrus fruit's "zest" is the green or yellow outermost layer of the peel (skin), which contains powerful flavor compounds. The "pith" is the spongy, white layer between the skin and the flesh and is quite bitter. Avoid the pith when zesting your fruit.

How to Pick, Buy, & Eat

Select limes that are firm and heavy (more juice!) with shiny, blemish-free, green skins.

Limes are fully ripe and juicier when they are yellow, not dark green; however, they are usually sold when they are green and have better flavor.

If you refrigerate your limes, they will last about two weeks. You can freeze lime juice to use at a later time.

The average lime contains one tablespoon of juice. Roll a room-temperature lime on the counter, adding light pressure, before cutting it open to get the maximum amount of liquid.

Limes are highly acidic, and this acid will react with different foods in different ways. For example, the acid will denature the proteins in fish and seafood, causing the fish to become firm and opaque, almost as if you had cooked it. The acid in lime juice can also curdle milk, and while it can cause green vegetables to turn a drab olive color, it will help vegetables such as potatoes and turnips maintain their white color.

You can substitute lime for lemon in a dish, but you will want to decrease the amount due to a lime's stronger flavor and acidity. For example, if a recipe calls for one cup of lemon juice, substitute three-quarters of a cup of lime juice.

Here are some foods you can add lime to (besides Key lime pie): limeade, dressings and dips, guacamole, salsa, lime curd, lime bars, sherbet, fajitas, tacos, chicken, fish, beef, and pork.

Nutrition

One lime has 32 percent of the daily value of vitamin C, which boosts immunity and helps your body heal. Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming. Limes do not contain very much natural sugar. That's why they are so tart! Compared with an orange, another citrus fruit, a lime has one gram of sugar, and a small orange has nine grams.