



Vietnamese Glass Noodle Salad with Quick Rainbow Radish Pickles

By Erin Fletter

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

Fun-Da-Mentals Kitchen Skills

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

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

pickle: to preserve or flavor a food by covering it with a salty and/or sweet liquid brine.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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

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

drain: to pour excess liquid from food into a container if reserving the liquid, or into the sink or trash if not saving it.

prep: to prepare ingredients for a dish before cooking; for example, washing, thawing, cutting, grating, measuring, squeezing, straining, or marinating them.

Equipment

- ☐ Medium mixing bowl
- ☐ Large mixing bowl
- ☐ Colander or strainer
- ☐ Metal teaspoon (optional)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)

- ☐ Measuring spoons
- ☐ Clean kitchen towel or paper towels

Ingredients

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- ☐ warm water for soaking glass noodles
- ☐ 4 oz dried glass or cellophane noodles OR vermicelli rice noodles
- ☐ 1 garlic clove
- ☐ 1 inch fresh ginger root
- ☐ 1 lime for 1 1/2 T fresh lime juice
- ☐ 1 1/2 T soy sauce ******(for GLUTEN/SOY ALLERGY sub coconut aminos)******
- ☐ 1 1/2 T rice vinegar or white wine vinegar
- ☐ 1 T vegetable oil ******
- ☐ 1/4 tsp salt
- ☐ 2 tsp sugar, agave, or honey (or 1 stevia packet)
- ☐ 1 mango, unripe is best
- ☐ 1 carrot
- ☐ 1 cucumber
- ☐ 4 red radishes
- ☐ 1/4 C fresh mint, parsley, basil, or cilantro leaves, or a combination
- ☐ 2 T toasted seeds, optional (sesame, sunflower, or pumpkin seeds)

Food Allergen Substitutions

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Gluten/Wheat/Soy: Substitute coconut aminos for soy sauce.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Instructions

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intro

We are making glass noodles today! Do you think that they are made out of actual glass? No way! That would be terrible and dangerous. Glass noodles got their name because once you soak them in water, they turn from opaque (non-see-through) to transparent (see-through)!

soak + drain

Carefully submerge **4 ounces of dried glass noodles** in warm water in a bowl and let them soak for 10 to 15 minutes until soft—no need to cook them! Drain, rinse with cold water, and set them to the side.

chop + juice + whisk

Time to make the dressing! Peel and chop **1 garlic clove** and wash (or peel with a spoon) and chop **1 inch slice of ginger** root into large chunks and set them aside in a large bowl (we will discard them before eating). Juice **1 lime** and add **1 1/2 tablespoons lime juice to the same bowl along with** 1 1/2 tablespoons soy sauce, 1 1/2 tablespoons rice vinegar, 1 tablespoon vegetable oil, 1/4 teaspoon salt, **and** 2 teaspoons sugar**. Whisk together and then taste and adjust, adding more salt, sugar, or vinegar as needed.

peel + prep

Peel the skin of **1 mango** and cut off the flesh of the fruit for the salad. Discard the mango skin and the pit. Have kids grate, slice, or chop the **mango, 1 carrot, 1 cucumber**, and **4 red radishes** into small, thin bits.

squeeze + marinate

Place the fruit and vegetables into a clean towel or paper towel and have kids squeeze out the extra liquid. Then place the squeezed fruits and veggies into the bowl with the dressing and set them aside to marinate for at least 10 minutes.

tear + assemble + sprinkle

Have kids tear up **1/4 cup of fresh mint, parsley, basil, or cilantro**. Discard the garlic and ginger chunks from the radish pickles and then assemble the glass noodle salad. Add the soft glass noodles to the dressing with the radish pickles, sprinkle with the fresh herbs, and toss well. Top with **2 tablespoons of toasted sesame, sunflower, or pumpkin seeds** before serving if desired! It's polite to slurp noodles in Vietnam and some other Asian countries (but not all). It means you like them! Shout "Rất ngon" (Zet nohn) or "Very tasty" in Vietnamese!

Featured Ingredient: Radish!

Hi! I'm Radish!

"You may have seen me sliced in a salad, with my red exterior and white interior. Did you know that I'm the root of a plant?! I come in a variety of sizes, shapes, and colors, have a distinctive, slightly peppery taste, and add a fresh crunch to your salad."

History & Etymology

The radish (*Raphanus sativus*) is an edible root vegetable grown in Asia for over 2,000 years. The ancient Romans and Greeks cultivated radishes in the first century CE.

Although radishes are present throughout the world and have been around for a very long time, there is no solid archaeological evidence of their origin. However, wild forms of the plants have been found in Southeast Asia, so scientists think they may have been domesticated there. Secondary forms have been found in Central Asia, China, and India.

Radishes were among the first vegetable crops introduced to the Americas from Europe.

In Oaxaca, Mexico, the annual Noche de Rabanos (Night of the Radishes) festival takes place on December 23. Sculptors carve scenes of Oaxacan life, biblical stories, and mythical creatures out of giant radishes.

According to Guinness World Records, a health product company in Japan grew the world's heaviest radish.

The radish was a cross between a Sakurajima radish (the largest) and a Taibyo-Sobutori radish and weighed about the same as a baby hippo at 101 pounds! The company produces a fermented food product made for growing plants. They must have used it on this radish!

The word "radish" comes from the Middle English "radich," from the Old English "rædic," from the Latin "radix, radic-" or "root."

Anatomy

Radishes are members of the flowering plant family Brassicaceae. Their cousins include broccoli, cabbage, cauliflower, horseradish, mustard, and turnip.

The radish is the edible taproot of the plant, which swells to a round, globe shape or an oblong, tapered shape. The roots can be white, pink, red, purple, yellow, green, and black; their crisp flesh is usually white.

Radishes' strong, slightly spicy, and pungent flavor is caused by various chemical compounds, including allyl isothiocyanates (mustard oil), also present in mustard, horseradish, and wasabi. They make good companion plants in gardens because they help keep away pests.

How to Pick, Buy, & Eat

Radishes are harvested before they flower. Spring varieties are generally milder than summer and winter types.

The Daikon (Japanese for "big root") is a large white winter radish from Asia with a milder flavor than the

small red radish. The average Daikon weighs one to two pounds but can grow much larger. They are often pickled or served with sashimi (sliced raw fish).

Pickled radish, or "chikin-mu" (chicken radish) in Korean, is served with Korean fried chicken. The radishes are pickled with vinegar, water, and salt.

Pickled yellow radish is served with a couple of South Korean dishes: "jajangmyeon," a black noodle dish, and "gimbap," bite-sized rolls of seaweed filled with cooked rice, fish, meat, and vegetables.

Because radishes add a fresh, peppery flavor and crunch, they are most often found in salads. You can also add them to sandwiches and burgers.

Nutrition

Radishes are a low-fat, low-calorie addition to your diet. They contain antioxidants and have a moderate amount of vitamin C and smaller amounts of other vitamins and minerals.