

Cornucopia Cool Chef Travelling Taste Buds Recipes



Week 3 – Asian

Vietnamese Spring Rolls

Fun to make and eat. Also a great way to sneak in extra veggies! Fully customizable by choosing your own favorite herbs and protein source – chicken, beef, pork can all replace shrimp. SERVINGS: 7.

Ingredients:

14	Round rice paper wrappers
1 cup	Fresh mint leaves
6 oz	Cooked shrimp, peeled and sliced in half lengthwise
14	Dark lettuce/Romaine leaves
2 cups	Cooked rice vermicelli, cooled down
3 cups	Fresh bean sprouts
	Sauce
4 Tbs	Rice vinegar
4 Tbs	Fish Sauce
1 Cup	Water
1 Tbsp	Sugar
1	Garlic clove, crushed (optional)
1 Tbsp	Grated carrots (optional)

adapted from www.notenoughcinnamon.com

Directions:

1. Cook rice noodles and set aside to cool.
2. Start by softening the rice papers. Use two rice papers per roll, just to make sure they don't break. Fill a large bowl with warm water. Dip two rice papers (or one) very carefully and gradually for about 1 minute, until totally soft. Lay rice papers on a clean cloth.
3. Arrange about 4 mint leaves at the bottom of the rice paper, then about 4 shrimp halves. Top with a lettuce leaf, a small handful of vermicelli and a small handful of bean sprouts. Add additional mint leaves. This is the moment when you can actually add pretty much anything you have in mind - cilantro, peanuts, chicken, parsley...). Top with a second lettuce leaf. Always keep about 2 inches uncovered on each side.
4. Now the rolling: fold uncovered sides inward, then tightly roll the rice paper. Repeat with remaining ingredients.
5. Prepare the sauce: in a pan, combine rice vinegar, fish sauce, water and sugar. Heat until sugar is dissolved, then let cool completely. Add garlic and carrots. It keeps about a week in the fridge.
6. Serve your homemade spring rolls with the sauce and enjoy!

Sweet & Sour Chicken

A Chinese favorite. Feel free to swap in other favorite vegetables such as green beans, water chestnuts, snow peas, etc. Serves: 4

Ingredients:

1 Tbsp	Canola oil
1 lb	Boneless, skinless chicken breast, cut in cubes
2 large	Carrots, sliced into thin "coins" cut on an angle for more visual appeal
1	Bell pepper, any color, sliced into ½" pieces
1 can	Pineapple chunks (save juice)
1	Garlic clove, minced
2-3 Tbsp	Reduced sodium Tamari or Soy sauce
1 inch	Fresh ginger, peeled and minced or 1 tsp ground ginger
1 tsp	Cornstarch

adapted from www.kids-cooking-activities.com

Directions:

1. Heat wok on medium-high heat for 1 minute and add oil. Add garlic and stir constantly for 1 more minute – being careful not to burn it. Add chicken and sauté for 3-4 minutes. Chicken will turn white, but not yet golden or brown.
2. Add in carrots and pepper. Continue cooking chicken until golden and slightly browned on all sides and until veggies are a bit soft.
3. Drain pineapple juice into pan. Stir. Then add soy sauce, ginger and cornstarch. Stir well for 2-3 minutes, allowing sauce to thicken.
4. Serve over brown rice.

Sesame Tofu

Tofu magically takes on the taste of whatever you cook it in. It's a wonderful replacement for meat on Meatless Monday or anytime you're looking for a lean, plant-based protein. This recipe comes out crunchy and nutty on the outside, soft and creamy inside. Serves: 4

Ingredients:

14 oz	Block Extra Firm Tofu (pressed)
3 Tbsp	Sesame Seeds
1 Tbsp	Canola Oil
1 Tbsp	Low sodium soy sauce

www.chopchopmag.or

Directions:

1. In order to yield a firmer, less watery textured tofu, place the block between 2 plates and weight the top plate with a pot or something heavy. This will squeeze liquid out of the tofu. Allow to sit for 5-10 minutes or so then drain liquid off.
2. Put the block of tofu on a cutting board, and cut it into 4 long sections. Then cut each section into 3 chunks.
3. Put the sesame seeds on a plate, add the tofu pieces and turn them until coated. With the help of your adult, put a skillet over medium-high heat and when it is hot, add the oil. Add the tofu and cook until it is golden brown, about 4 minutes per side.
4. Drizzle the soy sauce over the cooked tofu and cook 1 more minute. Serve right away.