



## Charred Scallion Asian Ramen Noodles + Nori Crunch + Tangy Melon Salad + Melon Sodas

By Dylan Sabuco

**Prep Time** 35 / **Cook Time** 19 / **Serves** 4 - 6

### Shopping List

- 1 bunch of green onions (roughly 2 C chopped)
- 1 8 oz pack uncooked (not instant) ramen noodles, found in the Asian food aisle at your supermarket  
\*\*(for GLUTEN ALLERGY sub 1 8 oz pack rice noodles)\*\*
- 1 pinch salt
- 1/3 C vegetable oil
- 1 1/2 T soy sauce \*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\*
- 1/4 C crumbled or chopped nori seaweed sheets or 1 pack crunchy seaweed snacks, found in the Asian food aisle at your supermarket \*\*(Omit for SHELLFISH ALLERGY. Check for SESAME/GLUTEN/SOY)\*\*
- 1 small cantaloupe or honeydew melon
- 1/3 C granulated sugar or honey
- 2 tsp rice vinegar
- 2 tsp sesame seeds, optional \*\*(Omit sesame seeds for SESAME ALLERGY)\*\*
- 2 pinches red pepper flakes, optional
- 3 C sparkling water
- HAVE ON HAND
- 3 C water

### Fun-Da-Mentals Kitchen Skills

**blanch:** to place food, often a fruit or vegetable, into boiling water for a brief time and then into ice water

to stop the cooking process, which helps to loosen the skin of the fruit or vegetable and brighten its color.

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

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

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

**season:** to add flavor to food with spices, herbs, and salt.

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

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

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

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

**season:** to add flavor to food with spices, herbs, and salt.

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

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

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

**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.

## Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Dry measuring cups
- Large pot
- Liquid measuring cup
- Colander or strainer
- Medium mixing bowl

- Large skillet or wok
- Wooden spoon
- Small bowl
- Measuring spoons
- Whisk
- Large mixing bowl

## Ingredients

### Sweetly Charred Scallion Asian Ramen Noodles with Nori Crunch

- 1 bunch green onions (roughly 2 C chopped)
- 1 8 oz pack uncooked (not instant) ramen noodles, found in the Asian food aisle at your supermarket  
\*\*(for GLUTEN ALLERGY sub 1 8 oz pack rice noodles)\*\*
- 3 C water
- 1 pinch salt
- 1 tsp granulated sugar or honey
- 1 tsp rice vinegar
- 1/4 C vegetable oil
- 1 T soy sauce \*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\*
- 1/4 C crumbled or chopped nori seaweed sheet or 1 pack crunchy seaweed snacks, found in the Asian food aisle at your supermarket \*\*(Omit for SHELLFISH ALLERGY. Check for SESAME/GLUTEN/SOY)\*\*
- 1 tsp sesame seeds, optional \*\*(Omit sesame seeds for SESAME ALLERGY)\*\*
- 1 pinch of red pepper flakes, optional

### Tangy Melon Salad

- 1/2 small cantaloupe or honeydew melon
- 1/4 C reserved cooked green onions from Sweetly Charred Scallion Asian Ramen Noodles recipe if making OR 2 green onions
- 1 tsp granulated sugar or honey
- 2 T vegetable oil
- 1 tsp soy sauce \*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\*

- 1 tsp rice vinegar
- 1 tsp sesame seeds, optional **\*\***(Omit sesame seeds for SESAME ALLERGY)**\*\***
- 1 pinch of red pepper flakes, optional

## Sunshine Melon Sodas

- 1/2 small cantaloupe or honeydew melon
- 3 C sparkling water
- 1/4 C granulated sugar or honey

## Food Allergen Substitutions

### Sweetly Charred Scallion Asian Ramen Noodles with Nori Crunch

**Gluten/Wheat:** Substitute rice noodles for ramen noodles. Substitute coconut aminos for soy sauce. Omit nori or other seaweed snack if it contains gluten/wheat.

**Soy:** Substitute coconut aminos for soy sauce. Omit nori or other seaweed snack if it contains soy.

**Shellfish:** Omit nori or other seaweed snacks.

**Sesame:** Omit optional sesame seeds. Omit nori or other seaweed snack if it contains sesame seeds or oil.

### Tangy Melon Salad

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

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

**Sesame:** Omit optional sesame seeds.

### Sunshine Melon Sodas

## Instructions

### Sweetly Charred Scallion Asian Ramen Noodles with Nori Crunch

#### intro

This tasty meal will make you rethink green onions altogether! A typical recipe might use 1 to 2 green onions as a garnish or a mild flavor element. In this recipe, you will use an entire bunch of green onions! Instead of chopping the green onions small, as if we are afraid of them, in this recipe, you will roughly chop them to matchstick-size pieces before stir-frying them all until charred. All that's left is tossing the onions with noodles and a little soy sauce to make a delicious meal you won't soon forget.

### boil + blanch

Bring **3 cups of water** to a boil in a large pot with **1 pinch of salt**. When the water comes to a boil, add the **1 pack of noodles** and cook for 5 minutes, or until the noodles are soft but not fully cooked. This is called blanching, when you lightly cook something in salted water. Drain the noodles from the pot and place them in a medium bowl for later in the recipe.

### chop + measure

Chop **1 bunch of green onions** into 1-inch long pieces. Remove the roots at the end and discard. The rest of the green onions can be used for this recipe. Measure **1/4 cup of vegetable oil** and add it to a large skillet or wok.

### stir fry + season

Heat the oil over medium heat. Once the oil is heated for about a minute, add the green onions and begin stir-frying. This technique involves constantly stirring to avoid burning. The green onions will be fully cooked in 5 to 7 minutes. (If making Tangy Melon Salad (see recipe), remove roughly 1/4 C of the cooked green onions for the salad.) Next, add the blanched noodles and continue to cook for 5 more minutes.

### whisk + garnish + serve

Measure and whisk together the **1 teaspoon rice vinegar**, **1 tablespoon soy sauce**, and **1 teaspoon sugar** in a small bowl. Then, add the mixture to the noodles and onions. Cook for 1 minute and serve! Garnish this tasty springtime meal with **1/4 cup crumbled nori**, **1 teaspoon sesame seeds**, and **1 pinch of red pepper flakes** (if you want a little spice in your life). Enjoy!

## Tangy Melon Salad

### chop + measure

Start by chopping **1/2 of your favorite melon** (I recommend cantaloupe or honeydew) into a large dice. Place all of the melon in a large mixing bowl. In this recipe, you will marinate the melon to give it a new, more savory flavor. Measure and add **1 teaspoon sugar**, **2 tablespoons vegetable oil**, **1 teaspoon soy sauce**, and **1 teaspoon rice vinegar**. Stir to combine and set aside while you prepare the rest of the salad.

### chop + season

Chop **2 green onions** into a small dice and add them to the bowl of melon OR use 1/4 cup reserved cooked green onions if you made Sweetly Charred Scallion Asian Ramen Noodles (see recipe). Give the mixture a taste and decide if you would like to add any extra sugar, soy sauce, **1 teaspoon sesame seeds**, or even **1 pinch of red pepper flakes**. Once you have the flavor just right for your tastebuds, let the mixture marinate for 10 to 15 minutes. This will soften the melon and make it absorb some of the flavorful liquid you added to the mixture.

### serve

Serve this tasty salad alongside your favorite Asian meal. It pairs perfectly with our Sweetly Charred Scallion Asian Ramen Noodles with Nori Crunch and Sunshine Melon Sodas (see recipes).

## Sunshine Melon Sodas

### chop + blend

Start by roughly chopping **1/2 of your favorite melon** (I recommend cantaloupe or honeydew) and adding them to a blender. Add **1/4 cup of sugar** and start blending. Add **3 cups of sparkling water** and blend some more. You will want this mixture to be as smooth as possible to avoid too many chunks in the soda.

### pour + taste + adjust

Pour a little bit into your cup, taste, and adjust the sweetness to your liking. Once the drink is sweet and sour to your taste, raise your glasses and say "Cheers" in Korean, "geonbae" (kahn-bay)!

## Featured Ingredient: Onions!

Hi! I'm Onion!

"Did you know that onions are vegetables? My close relatives are chive, garlic, and leek, and I'm a distant cousin of the amaryllis and daffodil. I'm actually the edible bulb of the onion plant!

### History & Etymology

The onion is thought to be native to Asia, but there are also ancient remnants from Iran, India, and Egypt. The Egyptians even worshiped onions! They believed their circular shape and layers symbolized eternal life, and often onions were placed in ancient tombs to bring prosperity to mummies in the afterlife. Ancient Greek and Roman athletes used to eat onions to get strong, and they even rubbed onions on their bodies before competing in events like the Olympics.

In medieval times, people used onions as a form of currency! Imagine paying bills with a bag of onions! Native Americans in Eastern Canada and the Eastern United States ate a species of wild onion, also called ramps or wild leek.

China is the largest producer of onions. In the US, California grows the most onions.

Some people around the world say, possibly as early as 3,000 years ago in China, that onions can predict the weather.

There is even a saying about onions and the weather that goes like this: "Onion's skin very thin, mild winter coming in; onion's skin thick and tough, coming winter cold and rough."

The word "onion" comes from Middle English from the Old French "oignon," based on the Latin "unionem," literally "union," indicating the unity of the layers of the onion.

### Anatomy

Onions are part of the "Allium cepa" genus. "Cepa" is Latin for "onion." The common onion plant grows from 6 to 18 inches tall.

They have hollow green leaves that grow upward and fan out of a covered stem from the top of the bulb. Roots extend out of the basal plate at the bottom of the bulb into the soil.

The onion bulb is described as having a "globe" shape. It is made up of fleshy leaves that grow around the flower bud in the middle. These fleshy leaves are covered by scaly leaves, the onion's "skin," that dry out and become papery when it is time for the onion to be harvested.

## How to Pick, Buy, & Eat

There are lots of onion varieties! Green onions (also called scallions or spring onions) are mild in flavor, and both the bulbs and top leaves can be eaten. They are often found in salads and stir-fry dishes. They have a small, not fully developed white bulb end with long green stalks. The white shaft of the plant extends from the roots to the leaves.

Yellow onions can be pungent or sweet. The Spanish onion is a common pungent variety typically found in grocery stores. The Vidalia is a sweet onion from the state of Georgia, and the Walla Walla is a sweet onion from the state of Washington.

White onions have a sharp flavor and are often used in Mexican cooking. Red onions are sweeter than yellow and white onions and are used raw in salads and on burgers.

The shallot is a smaller variety with a milder pungent flavor often used in sautéed dishes, sauces, and stocks. Pearl onions are tiny bulbs that are mild in flavor and great for pickling.

Store whole raw onions in a cool, dark location. Cut onions will keep in the refrigerator for about a week.

Store them in an airtight container that will not absorb their smell (i.e., glass rather than plastic).

Onions can cause eye irritation and tears when you cut into them. This is because a chemical compound called syn-propanethial-S-oxide is released into the air when you slice an onion, and tears are produced to wash it away.

Chilling onions in the refrigerator or a bowl of ice water before cutting them can decrease the amount of irritation. Other suggestions include using a sharp knife, holding a piece of bread in your mouth while you slice, or wearing goggles.

## Nutrition

Onions have a high water content, about 89 percent, and are low in calories. They contain low amounts of protein, fiber, and essential nutrients.