



Crispy Crunchy Hearts of Palm Rangoon + Sweet and Sour Soy Splash

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Prep Time 25 / Cook Time 6 / Serves 4 - 6

Shopping List

- FRESH
- 3 green onions
- DAIRY
- 1 C cream cheese ****(see allergy subs below)****
- PANTRY
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 T + 1 tsp soy sauce ****(see allergy subs below)****
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 14-oz can hearts of palm
- 1 pkg wonton wrappers, at least 12 ****(see allergy subs below)****
- 1/2 C vegetable oil **** for frying**
- 2 tsp rice wine vinegar
- 2 tsp sesame oil ****(see allergy subs below)****
- 1 tsp granulated sugar or honey
- HAVE ON HAND

- 1 T water
- "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon
 - 1 orange
 - 1 mint sprig

Fun-Da-Mentals Kitchen Skills

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

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

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

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

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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

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

mix: to thoroughly combine two or more ingredients until uniform in texture.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

fry: to cook in a pan in a small amount of fat.

Equipment

- Cutting board

- Kid-safe knife
- Small bowl
- Measuring spoons
- Whisk
- Pitcher
- Measuring cups
- Large pot + lid
- Medium mixing bowls (2)
- Can opener
- Two forks (optional)
- Wooden spoon
- Rubber spatula
- Tongs or slotted spoon

Ingredients

Umami Sweet-Sour Soy Sauce

- 1 green onion
- 2 T soy sauce ****(for CELIAC/GLUTEN/SOY ALLERGY sub 2 T coconut aminos)****
- 1 T water
- 2 tsp rice wine vinegar
- 2 tsp sesame oil ****(for SESAME ALLERGY sub olive or vegetable oil)****
- 1 tsp granulated sugar or honey

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
- 1 cucumber
- 1 lime

- 1 lemon
- 1 orange
- 1 mint sprig

Crispy Crunchy Hearts of Palm Rangoon

- 1 C cream cheese ******(for DAIRY ALLERGY sub 1 C dairy-free/nut-free cream cheese)******
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp soy sauce ******(for CELIAC/GLUTEN/SOY ALLERGY sub 1 tsp coconut aminos)******
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 green onions
- 1 14-oz can hearts of palm
- 1 pkg wonton wrappers, at least 12 ******(for CELIAC/GLUTEN/EGG ALLERGY sub rice paper wrappers)******
- 1/2 C vegetable oil ****** for frying

Food Allergen Substitutions

Umami Sweet-Sour Soy Sauce

Celiac/Gluten/Wheat/Soy: For 2 T soy sauce, substitute 2 T coconut aminos.

Sesame: For 2 tsp sesame oil, substitute 2 tsp olive or vegetable oil.

"Water You Cooking Up?" Flavored Water

Crispy Crunchy Hearts of Palm Rangoon

Celiac/Gluten/Wheat/Egg: For 1 pkg wonton wrappers, substitute rice paper wrappers. Soak each rice paper wrapper for about 10 to 15 seconds in lukewarm water until pliable. Make sure to be patient and gentle. If the wrapper breaks, take a new wrapper, soak it, and wrap the broken one up with the new wrapper.

Dairy: For 1 C cream cheese, substitute 1 C dairy-free/nut-free cream cheese.

Celiac/Gluten/Wheat/Soy: For 1 tsp soy sauce, substitute 1 tsp coconut aminos.

Instructions

Umami Sweet-Sour Soy Sauce

slice + measure + whisk

Slice **1 green onion** into thin pieces. Measure and whisk together **2 tablespoons soy sauce**, **1 tablespoon water**, **2 teaspoons vinegar**, **2 teaspoons toasted sesame oil**, and **1 teaspoon sugar** in a small bowl. Stir in the sliced green onion. Serve as a dipping sauce for many Asian-style dishes!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Crispy Crunchy Hearts of Palm Rangoon

intro

Crab Rangoon is a very popular side dish at Asian restaurants in the United States. The dish consists of crispy wonton wrappers filled with a mixture of seasoned crab and cream cheese. It was popularized around the 1950s and has remained popular to this day. This famous appetizer inspires today's recipe. Instead of crab, we will utilize hearts of palm to mimic the texture of crab while keeping our Hearts of Palm Rangoon affordable and vegetarian.

slice + measure + mix

In a medium bowl, measure **1 cup cream cheese**, **1 teaspoon garlic powder**, **1 teaspoon onion powder**, **1 teaspoon soy sauce**, **1/2 teaspoon salt**, and **1/2 teaspoon black pepper**. Lastly, slice **2 green onions** into small bits and mix that into the cream cheese mixture.

edible education

Hearts of palm are a vegetable harvested from the inner core of certain palm trees, prized for their mild flavor and versatility. Whether canned or fresh, hearts of palm are great for salads, sandwiches, and even soups. They are also a good source of fiber, protein, potassium, and zinc.

shred + stir

Open **1 can of hearts of palm**, drain all the liquid, and pour the hearts of palm into a medium bowl. Using two forks or clean hands, shred the hearts of palm in long strips. Combine the hearts of palm with the cream cheese mixture. Stir until well combined.

shape + seal

Lay a **wonton wrapper** on your cutting board. Place **1 heaping teaspoon of the hearts of palm**

mixture to the center of the wrapper. Then, dip your fingers into a bowl of water and trace the edges of the wonton wrapper. This will combine with the cornstarch that coats the wrapper to make the rangoon stick and stay sealed. Finally, bring all four corners together by pinching them to the center. Seal any holes by pinching with a little extra water on your fingers. Repeat with the remaining wonton wrappers. The rangoons should look like little purses or pouches.

frying safety

Make sure to always have your skillet lid nearby. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, remove the skillet from the heat to ensure it cools as quickly as possible.

fry + cool

Place the rangoons on a paper-towel-lined cutting board until ready to place them in the pot. Adults heat **1/2 cup of vegetable oil** in a large pot over medium-high heat. Once the oil is hot and shimmering, carefully place the rangoons into the hot oil with tongs or a slotted spoon. Fry for 2 to 3 minutes on each side until golden brown.

serve + splash

Remove the rangoons from the pot and place them back on the paper-towel-lined cutting board for a minute to cool and soak up any excess oil into the paper towel. Once cooled slightly, drizzle a little **Umami Sweet-Sour Soy Sauce** on the rangoons and dig

Featured Ingredient: Heart of Palm!

Hi! I'm a Heart of Palm!

"I'm the edible bud in the inner core or heart of certain varieties of palm tree! You may have seen me in cans and jars in the grocery store. I often find my way into salads and vegan dishes, replacing the seafood and other meat, like the lobster in lobster rolls! If you've never tried me before, you may just decide you 'heart' (love) me!"

History & Etymology

Palm trees are native to tropical and subtropical Central and South America and South and Southeast Asia. The cultivation and culinary use of the heart of palm goes back to at least pre-Columbian times, thousands of years ago, in Central and South America. It is also traditional in Southeast Asian culture.

In Florida, where cabbage or sabal palmetto palms are the official state tree and hearts of palm have been harvested from native trees, they call the vegetable "palm cabbage" or "palmetto." In Central and South America, they use the name "palmito," and in the Philippines, it is called "ubod."

Conservation programs have halted most of the harvesting in Florida. Canned hearts of palm sold in the United States now come from Central and South American countries such as Costa Rica, Ecuador, and

Peru.

The English word "palm" comes from the Middle English "paume," from Old English, from the Latin "palma," or "palm (of a hand)," because the palm tree leaf is like a spread hand.

Anatomy

Some of the palm trees that produce edible hearts of palm include the açai, coconut, juçara, palmetto (sabal), and peach (or pupunha) palms. Not all palm trees have edible hearts of palm; some are bitter or even toxic.

There are palm trees that produce multiple stems and are sustainably harvested, so they continue to produce stems. Other palms, like the palmetto, only have one stem, so harvesting their hearts of palm destroys those trees.

Heart of palm has a mild flavor, similar to artichoke, chestnut, or white asparagus. It has a hearty texture and is sometimes used as a meat substitute. It is crunchy but tender and can be cut easily.

How to Pick, Buy, & Eat

Most people buy their hearts of palm in cans or jars, pickled in brine. This is because fresh heart of palm is highly perishable.

Gluten-free pastas made from puréed heart of palm, like spaghetti and lasagna, are also available for purchase.

You can eat the innermost core of the fresh vegetable raw after removing the outer layer, although it spoils quickly. The taste and texture is similar to jicama.

Heart of palm goes well in a salad. It can replace or accompany other firm vegetables in a soup or stew.

You can purée it to create a dip, spread, or gluten-free pasta. Or, try grilling or sautéing it by itself or with other veggies or meats.

Nutrition

Heart of palm is rich in potassium and vitamin B6 and low in fat and sugar. It is a good source of protein, fiber, iron, zinc, copper, and manganese. It also contains some vitamins A and C.

Heart of palm has all nine essential amino acids, necessary for many bodily functions. Potassium is needed for healthy hearts, and vitamin B6 helps our brains to function. Fiber is good for our digestion.

Fresh hearts of palm do not have much natural sodium, but since they are pickled in salt water (brine) for the canned and jarred versions, you may want to rinse them before eating if you are avoiding salt.