



## **Fantastic 15-Minute Faux Pho + Carrot Ginger Salad + Creamy Ginger Ice "Kem"**

By Erin Fletter

**Prep Time 25 / Cook Time 15 / Serves 4 - 6**

### **Shopping List**

FRESH

7 inch piece ginger root

2 garlic cloves

5 green onions

1 C whole mushrooms (button, portobello, oyster, or shiitake)

2 limes

2 to 3 large carrots

2 bananas

PANTRY

2 pkgs instant ramen OR 4 oz dried Asian rice noodles **\*\***(see allergy subs below)**\*\***

2 T vegetable oil **\*\*** + more to taste

2 vegetable bouillon cubes **\*\***

4 1/2 T + 1 tsp honey, sugar, or agave syrup (or 3 3/4 stevia packs) + more to taste

1/2 T salt + more to taste

HAVE ON HAND

5 C water (1/2 C hot) + more hot water if using rice noodles

2 to 4 C ice

- PHO TOPPINGS (choose 2 or more)
- bean sprouts
- basil leaves
- lime wedges
- grated carrot
- edamame **\*\***(see allergy subs below)**\*\***
- canned baby corn
- hoisin sauce **\*\***(see allergy subs below)**\*\***
- hot sauce **\*\***

## Fun-Da-Mentals Kitchen Skills

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

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

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**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).

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

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

**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.

**t.a.t.:** Taste, adjust, and taste again!

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

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

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

**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.

## Equipment

- Large bowl or pot for soaking rice noodles (if using)
- Colander or strainer (if needed to drain rice noodles)
- Skillet
- Cutting board
- Kid-safe knife
- Grater
- Wooden spoon
- Dry measuring cup
- Liquid measuring cup
- Measuring spoons
- Can opener (if using canned baby corn topping)
- Soup ladle
- Medium bowl
- Whisk
- Citrus juicer (optional)
- Blender (or pitcher + immersion blender)
- Small bowl

## Ingredients

### Fantastic 15-Minute Faux Pho

- 2 pkgs instant ramen, noodles only, OR 4 oz dried Asian rice noodles **\*\***(for CELIAC/GLUTEN ALLERGY use 4 oz dried Asian rice noodles)**\*\***
- 3 inch piece ginger root
- 2 garlic cloves
- 5 green onions
- 1 C whole mushrooms (button, portobello, oyster, or shiitake)
- 1 T vegetable oil **\*\***

- 4 1/2 C water
- 2 vegetable bouillon cubes \*\*
- 1 tsp honey, sugar, or agave syrup (or 1/4 stevia pack)
- 1 squeeze lime juice
- Toppings (SFC chef choose 2 or more):
- bean sprouts
- basil leaves
- lime slices
- grated carrot
- edamame \*\*(Omit for SOY ALLERGY)\*\*
- canned baby corn
- hoisin sauce \*\*(Omit for CELIAC/GLUTEN/SOY ALLERGY)\*\*
- hot sauce \*\*

### Carrot Ginger Salad

- 1 T vegetable oil \*\* + more to taste
- 1/2 T salt + more to taste
- 1/2 T honey, sugar, or agave syrup (or 1/2 stevia pack) + more to taste
- 1 inch slice ginger root
- 2 to 3 large carrots
- 1 squeeze lime juice + more to taste

### Creamy Ginger Ice "Kem"

- 3 inch piece ginger root
- 1/4 C or 4 T honey, sugar, or agave syrup or 3 stevia packs
- 1/2 C hot water
- 2 bananas
- 1 lime
- 2 to 4 C ice

# Food Allergen Substitutions

## Fantastic 15-Minute Faux Pho

**Celiac/Gluten/Wheat:** For pho noodles, use 4 oz dried Asian rice noodles instead of 2 pkgs of instant ramen.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil. Omit optional edamame topping.

**Celiac/Gluten/Wheat/Soy:** Check vegetable bouillon labels for possible allergens and, if necessary, use water only. Omit optional hoisin sauce topping. Check labels on optional hot sauce topping.

## Carrot Ginger Salad

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

## Creamy Ginger Ice "Kem"

# Instructions

## Fantastic 15-Minute Faux Pho

### intro

Classic pho requires a broth that has simmered for about 10 hours. While delicious, sometimes a craving can hit when you don't have the time to spare. This recipe gives you a hot, flavorful broth in only 15 minutes.

### soak + drain

If using ramen noodles, skip this step and continue to step 3. If using rice noodles, soak **4 ounces of rice noodles** in very hot water in a large bowl or pot for 5 to 15 minutes to soften, according to package directions. Drain and set aside.

### peel + slice + chop

Have your kids peel a **3 inch piece of ginger root** and **2 garlic cloves**. (The large pieces of ginger and garlic will be removed before serving the soup.) Next, have your kids roughly chop **4 green onions** and **1 cup of mushrooms**. Set the prepared ingredients aside.

### sauté + soften

Add the chopped green onions, whole garlic cloves, and ginger root to a preheated skillet on your stovetop, along with **1 tablespoon of vegetable oil**. Sauté, stirring occasionally, until garlic is golden and green onion has softened, about 3 to 4 minutes.

### add + simmer

Add **4 1/2 cups water** and **2 vegetable bouillon cubes** to your skillet and carefully bring to a boil. Reduce heat and let simmer until flavors combine, about 7 to 8 minutes. Add the **chopped mushrooms** and **1 teaspoon of honey** to the broth and simmer for 2 minutes longer.

### chop + grate + snap + tear

Prepare whatever **toppings** were chosen to add to the soup. Chop baby corn, grate carrots, snap bean sprouts, and tear basil. Set the prepared toppings aside.

### add + soften + discard

If using ramen noodles, add **2 packages of instant ramen noodles** (without flavor packet—noodles only!) to the broth in your skillet and let them soften for a few minutes. Remove and discard the ginger and garlic from the broth.

### slice + squeeze + top

Slice **1 green onion** into small pieces and sprinkle over the finished soup and squeeze some fresh lime juice on top. Serve the soup and provide the **prepared toppings** so each person can top their own soup! If using rice noodles, portion them into bowls and ladle the broth over each bowl of noodles before topping. "Xin mời" (Sin moy) or "Enjoy your meal" in Vietnamese!

## Carrot Ginger Salad

### whisk + slice

Whisk together **1 tablespoon vegetable oil**, **1/2 tablespoon salt**, **1/2 tablespoon honey** in a medium bowl to make the dressing. Add **1 slice of ginger root**.

### grate + toss

Grate **2 to 3 large carrots** and then toss the grated carrot into the dressing. Let the salad sit for 10 to 30 minutes to marinate.

### squeeze + t.a.t. + discard

Add **1 squeeze of lime juice** and taste the salad. Taste, adjust, and taste again. Taste and adjust to add more honey, salt, oil, or lime juice if needed. Remove and discard the ginger slice and serve!

## Creamy Ginger Ice "Kem"

### slice + mix + cool

Slice a **3 inch piece of ginger root** into 3 one inch slices. Mix **1/4 cup honey**, **1/2 cup hot water**, and the ginger slices in a small bowl or liquid measuring cup. Stir to combine and then set aside to cool. Once cooled, remove and discard the ginger slices.

peel + squeeze + blend

Peel **2 bananas** and add them to a blender (or pitcher for use with an immersion blender). Squeeze in the juice of **1 lime**, the **honey ginger water**, and **2 to 4 cups of ice**. Blend, pour into cups, and enjoy! "Rất ngon" (Zet nohn) or "Very tasty" in Vietnamese!

## Featured Ingredient: Ginger!

Hi! I'm Ginger!

"My name is Ginger, and I'm happy to make your acquaintance! You may have tasted me in lots of sweet foods and drinks, like gingerbread, ginger snap cookies, pumpkin pie, and ginger ale. But, I also add my unique flavor to savory dishes, like stir-fries and potstickers! If you use my fresh rhizome or root in a recipe, delicately peel my beige, papery skin (the back of a metal spoon works great!) and grate my juicy flesh into the food! I also come in a dried and ground form and as crystallized ginger. As a bonus, I might even make your tummy ache feel better!"

### History

Ginger is a native plant of India and China and is a common cooking spice used throughout the world.

Ginger is one of the oldest plants used for medicine.

Which spices do you think are most commonly found on kitchen tables around the world? If you said salt and pepper, you'd be right! It truly depends on where you are in the world. In the ninth century, Europeans placed powdered ginger on the table alongside salt and pepper.

A long, long time ago, ginger was used to preserve food and keep it from getting rotten.

Greeks used to eat ginger wrapped in bread to treat digestive problems. After a while, they added ginger to bread dough to create the first recipe for gingerbread!

Ginger grows in many tropical countries, including the Caribbean islands. However, ginger from Jamaica is considered by many to be the best! Do you know where your ginger originated?

Ginger is also grown in Florida, Hawaii, and along the eastern coast of Texas.

### Anatomy & Etymology

Related to cardamom and turmeric, the ginger plant is part of the Zingiberaceae or Ginger family. We use the "rhizome" part of the plant, which are underground stems. Sometimes we can eat the rhizome part of a plant, and sometimes we can't! For example, bamboo plants are rooted underground by rhizomes, but the rhizome is not the part of the plant we eat—instead, we eat the bamboo shoots that come up out of the ground. But we do eat the rhizomes of plants such as ginger, turmeric, and arrowroot!

Rhizomes are also the storage compartment of the plant. What do rhizomes store? Starches, proteins, and other nutrients—that's why we eat this part of the plant (because it's nutritious!).

Ginger Root is characterized by its aroma: it smells strong, sweet, and woody. Its skin is not something we eat—we peel the skin to reveal ginger's coarse, stringy, aromatic flesh.

The ginger plant looks like a reed and has been used in the kitchen and as medicine for the past 5,000 years. A ginger plant can reach three to four feet tall.

The word "ginger" comes from late Old English "gingifer," from medieval Latin "gingiber," from Greek "zingiberis," and from Pali, a Middle Indo-Aryan language "siṅgivera."

## How to Pick, Buy, & Eat

Fresh ginger is available year-round, where you can find it in the grocery store produce section.

When selecting fresh ginger, choose robust, firm roots that feel heavy, and have a spicy fragrance and smooth skin.

Ginger root length is a sign of age, and mature rhizomes will be spicier and more fibrous than younger roots.

Ginger should not be cracked or withered—these are signs of aged ginger past its prime.

To store ginger root, wrap it in a paper towel or plastic wrap or put it in a plastic bag before placing it in the refrigerator for two to three weeks. You can also freeze it for up to three months.

According to many chefs and cooks, fresh ginger is best and can be added to sauces, soups, and stews.

Dried and powdered ginger has a more spicy, intense flavor and is often used in baked desserts like gingerbread, gingersnaps, and ginger cake.

Ginger can be sliced, minced, grated, or left whole to steep in recipes (minced ginger has the most intense flavor). It can also be dried, pickled, crystallized, candied, or preserved.

Ginger tastes sweet, spicy, and pungent and increases flavor in a range of dishes, from stir-fried beef or tofu to ginger tea.

## Nutrition

Ginger continues to be used to treat nausea and to prevent seasickness.

Ginger may also have anti-inflammatory properties and increase digestive function.

Despite its natural properties, any medicinal use of ginger should be discussed with a doctor. Limiting the amount you take will help avoid heartburn. It may also interfere with anticoagulant medicine.