



## **Kid's Pad See Ew + Thai Non-Octane Kid Iced Tea + Easy Thai Banana Coconut Custard**

By Erin Fletter

**Prep Time** 35 / **Cook Time** 34 / **Serves** 4 - 6

### **Shopping List**

- ☐ FRESH
- ☐ 1/2 lb firm tofu **\*\*(see allergy subs below)\*\***
- ☐ 3 to 4 C fresh broccoli
- ☐ 4 garlic cloves
- ☐ 1 big handful fresh cilantro
- ☐ 1 very ripe banana
- ☐ EGG
- ☐ 5 large eggs **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1 14-oz pkg Thai wide rice noodles
- ☐ 4 T vegetable oil **\*\***
- ☐ 6 T soy sauce **\*\*(see allergy subs below)\*\***
- ☐ 1 1/2 C + 1 T brown sugar
- ☐ 1 T vinegar (your choice, but rice wine vinegar works best)
- ☐ 4 decaf black tea bags
- ☐ 2 13-oz cans coconut milk
- ☐ 1 pinch salt

- ☐ 1 tsp pure vanilla extract **\*\***(see allergy subs below)**\*\***
- ☐ vegetable oil **\*\*** to grease pan
- ☐ sweetened or unsweetened dried shredded coconut, optional
- ☐ HAVE ON HAND
- ☐ 4 C hot water + enough to soak noodles
- ☐ ice, crushed if you have it

## Fun-Da-Mentals Kitchen Skills

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

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

**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.

**scramble:** to stir or beat eggs, blending the whites and yolks together, before cooking the eggs or dipping meat or vegetables into them so flour and breadcrumbs stick better when breading and frying.

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

**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).

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

**bake:** to cook food with dry heat, as in an oven.

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

**preheat:** to set an oven to the desired temperature for a few minutes or heat a pan for a few seconds before cooking, so it reaches the correct temperature by the time you place the food in it.

## Equipment

- ☐ Large bowl or pot to soak noodles
- ☐ Large nonstick skillet
- ☐ Colander or strainer

- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Small bowl
- ☐ Heat-resistant spatula
- ☐ Medium bowl or plate
- ☐ Wooden spoon
- ☐ Kettle or microwave
- ☐ Heat-safe pitcher or teakettle
- ☐ Dry measuring cups
- ☐ Can opener
- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup

## **Ingredients**

### **Kid's Pad See Ew**

- ☐ 1 14-oz pkg Thai wide rice noodles
- ☐ hot water to soak noodles
- ☐ 3 to 4 C fresh broccoli
- ☐ 4 garlic cloves
- ☐ 1/2 lb firm tofu **\*\*(Omit for SOY ALLERGY)\*\***
- ☐ 4 T vegetable oil **\*\*, divided**
- ☐ 6 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub 6 T coconut aminos)\*\***
- ☐ 5 T brown sugar

- ☐ 1 T vinegar (your choice, but rice wine vinegar works best!)
- ☐ 3 large eggs, room temperature **\*\*(Omit for EGG ALLERGY)\*\***
- ☐ 1 big handful fresh cilantro

## Thai Non-Octane Kid Iced Tea

- ☐ 4 decaf black tea bags
- ☐ 4 C hot water
- ☐ 3/4 C brown sugar
- ☐ 1 13-oz can coconut milk
- ☐ ice, crushed if you have it

## Easy Thai Banana Coconut Custard

- ☐ 1 C canned coconut milk
- ☐ 1/3 to 1/2 C brown sugar, depending on desired sweetness
- ☐ 2 eggs **\*\*(for EGG ALLERGY sub 1 C silken tofu if no soy allergy present)\*\***
- ☐ 1 ripe banana
- ☐ 1 pinch salt
- ☐ 1 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- ☐ vegetable oil **\*\*** to grease pan
- ☐ sweetened or unsweetened dried shredded coconut, optional

## Food Allergen Substitutions

### Kid's Pad See Ew

**Soy:** Omit tofu. For 6 T soy sauce, substitute 6 T coconut aminos. Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

**Gluten/Wheat:** For 6 T soy sauce, substitute 6 T coconut aminos.

**Egg:** Omit eggs.

### Thai Non-Octane Kid Iced Tea

### Easy Thai Banana Coconut Custard

**Egg:** For 2 eggs, substitute 1 C silken tofu if no soy allergy present.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

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

## Instructions

Kid's Pad See Ew

### soak + drain

Soak **1 package of dried rice noodles** in a large bowl in hot water for 5 to 15 minutes, or according to package instructions, to soften up the noodles. Drain the noodles and set them to the side.

### edible education

Rice noodles are made primarily from rice flour and water. Tapioca starch is added to improve the noodles' transparency and chewiness. Rice noodles are most commonly used in East Asian and Southeast Asian cuisines. They can be purchased fresh, frozen, or dried, in a variety of shapes and thicknesses. In Chinese culture, the noodle is a symbol of long life. For that reason, noodles are traditionally served on birthdays and the Chinese New Year as an emblem of longevity.

### wash + chop

Have your kids wash **3 to 4 cups of fresh broccoli** and chop it into little pieces. Then have them chop **4 garlic cloves** into tiny, tiny bits.

### slice + dice

Slice and then dice **1/2 pound of firm tofu**. While chopping and dicing, count to 10 in Thai: 1 nùeng (noong), 2 sǎawng (sawng), 3 sǎam (sawm), 4 sǐi (seee), 5 hǎa (haah), 6 hòk (hoh), 7 jèt (dehd), 8 bpàaet (baad), 9 gǎao (gow), 10 sǐp (seeb).

### measure + whisk

Into a small bowl, have kids measure and add **6 tablespoons soy sauce, 5 tablespoons brown sugar, and 1 tablespoon vinegar** to make homemade "see ew dum" sauce and whisk together with **2 tablespoons of vegetable oil**. Set the sauce to the side.

### crack + whisk

Have kids crack **3 eggs** into a small bowl, whisk the eggs, and set them to the side.

### sauté + scramble

Adults, in a large nonstick skillet, heat **2 tablespoons of vegetable oil** over medium-high heat. Add the

**chopped garlic** and sauté, stirring constantly, until fragrant, about 30 seconds. Add the **beaten eggs** and **diced tofu** and cook, scraping the skillet with a spatula until the eggs are almost set, about 30 seconds. Transfer the egg and tofu mixture to a bowl or plate.

#### cook + toss

Carefully pour the sauce into the hot skillet and add the **chopped broccoli**. Stir and cook the sauce and broccoli for about 5 minutes or just until the broccoli becomes tender. Add the cooked eggs and tofu back to the skillet and toss together, gently breaking up the egg and tofu. Add the rice noodles to heat up with the broccoli and sauce, and then toss everything together.

#### tear + serve

While you are cooking the pad see ew, have kids tear up **1 big handful of fresh cilantro** with their clean fingers. Serve the noodles topped with the cilantro leaves. Have a taste and say, "Aroy dee" or "It's delicious" in Thai!

### Thai Non-Octane Kid Iced Tea

#### scrumptious science

The boiling point of water is 212 F. When water molecules reach this temperature, they have had so much energy transferred to them that they start moving quickly around (this is called a rolling boil), which we can observe with our naked eye.

#### heat + steep

Tea time! Heat **4 cups of water** in a kettle or microwave until hot and pour into a heat-safe pitcher or teapot. Add **4 decaf black tea bags** and let steep for at least 5 minutes and up to 30 minutes. The longer it steeps, the more concentrated the tea flavor, which enhances the taste of Thai tea!

#### measure + stir

After the tea cools a bit (but is still very warm), have your kids carefully take out and discard the tea bags. Then have them measure and add **3/4 cup of brown sugar** to the warm tea and gently stir to completely dissolve the sugar.

#### pour + top

Add **ice** to glasses and pour in the sweet, decaf Thai black tea until about 3/4 full. Then, divide **1 can of coconut milk** to top off the remainder of each glass. Stir the milk and tea together and enjoy! "Chon gâew" (Chon GOW) or "Cheers" in the Thai language!

### Easy Thai Banana Coconut Custard

#### preheat + line

Preheat your oven to 350 F. Have kids fill the muffin pan wells with paper liners.

### measure + blend + bake

Into your blender (or pitcher for use with an immersion blender), have kids measure **1 cup canned coconut milk**, **1/3 to 1/2 cup brown sugar**, depending on desired sweetness, **2 eggs**, **1 very ripe banana**, **1 pinch of salt**, and **1 teaspoon vanilla extract**. Blend for about 30 seconds. Pour the mixture into the paper-lined muffin pan, filling each well 3/4 full. Bake the custard for 14 to 18 minutes or until the custard has set and is firm.

### sprinkle + serve

Use a spoon to get the custards out. They will be a little messy and very delicious! Serve them warm, room temperature, or cold. If desired, sprinkle with **dried shredded coconut**, sweetened or unsweetened. That's how we like it! Enjoy!

## Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

### History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

### Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

## How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

## Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.