



Chinese Bok Choy Pancakes

By Erin Fletter

Prep Time 15 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

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

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

grease: to spread a small amount of cooking oil or fat, like butter, around a pan or dish to prevent food from sticking when it's cooked.

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

Equipment

- ☐ Skillet
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Colander or strainer

- ☐ Pastry brush to grease pan (optional)
- ☐ Heat-resistant spatula or pancake turner

Ingredients

Chinese Bok Choy Pancakes

- ☐ 1 bunch bok choy for 3 C chopped
- ☐ 2 green onions
- ☐ 1 1/2 C all-purpose flour ******(for GLUTEN ALLERGY sub 1 1/2 C gluten free/nut-free all-purpose flour)
- ☐ 3/4 C water
- ☐ 1 tsp baking soda
- ☐ 1 T granulated sugar, brown sugar, agave syrup, coconut sugar
- ☐ 1 1/4 tsp salt
- ☐ 1 pinch ground black pepper
- ☐ vegetable oil ******, for frying

Food Allergen Substitutions

Chinese Bok Choy Pancakes

Gluten/Wheat: For 1 1/2 C all-purpose flour, substitute 1 1/2 C gluten free/nut-free all-purpose flour.

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

Instructions

Chinese Bok Choy Pancakes

measure + mix

We'll start with the batter. Into a large bowl, have your kids measure and mix together **1 1/2 cup flour**, **3/4 cup water**, **1 teaspoon baking soda**, **1 tablespoon sugar**, **1 pinch of salt**, and **1 pinch of black pepper**. While they stir, they can count to 5 in Mandarin Chinese: 1 yī (eee), 2 èr (arr), 3 sān (sahn), 4 sì (ssuh), 5 wǔ (woo). Let the mixture stand for 10 minutes.

scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods

before cooking to help them rise. They both do this by producing carbon dioxide, but they're not the same. The two substances are used under different conditions and can provide very different results. Baking soda is pure sodium bicarbonate. It is approximately four times stronger than baking powder and is used in recipes that contain acidic ingredients. Baking powder, on the other hand, contains baking soda, but it also includes an acidifying agent, like cream of tartar, so that it can work on its own.

chop + drain

Have your kids chop **3 cups of bok choy**, both the green leaves and white stems, and **2 green onions** into tiny bits. Sprinkle **1 teaspoon salt** over the bok choy and green onions and let them drain in a colander for about 5 minutes until the veggies soften.

Frying safety

Make sure always to have your skillet lid nearby. When you fry in the classroom, you need to make sure the kids are a safe distance away from the fryer. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, unplug the skillet to ensure it cools as quickly as possible.

stir + grease + fry

Have your children stir the **salted, chopped veggies** into the batter. Preheat a skillet on the stovetop over medium-high heat and carefully brush with vegetable oil. Carefully drop about **1 tablespoon of batter** onto the heated, oiled skillet and fry on both sides until golden. Repeat until all the batter has been used or until you have enough pancakes for everyone. Eat and enjoy the pancakes with **Sweet Mandarin Soy Dipping Sauce** and say, "Chī hǎo hē hǎo" (Chuh how huh how) or "Enjoy your meal" in Mandarin Chinese!

Featured Ingredient: Bok Choy!

Nǐhǎo! (Hello!) I'm Bok Choy and I'm Chinese!

"My Brassica ancestors, part of the Brassicaceae family, go way back—at least 2,000 years, and maybe more! People sometimes say I look like a "soup spoon" because of the shape of the leaves at the end of my stalk. Can you believe I was fully grown just 45 days after I was planted?!"

History

During an archaeological dig, China discovered seeds of a Brassica species that could be bok choy or one of its close relatives over 6,000 years old! If so, it would be one of the oldest cultivated vegetables in Asia. Bok choy has been grown since at least the 5th century CE.

Although the veggie is still grown in China, bok choy is also harvested in other Asian countries, Europe, Canada, and the United States, primarily in California.

Anatomy & Etymology

Bok choy is a part of the cabbage family! It is also called Chinese cabbage and is related to other cruciferous vegetables of the cabbage family, including mustard, broccoli, and cauliflower.

A head of bok choy has snow-white stems and dark green leaves.

Bok Choy is called by many names all over the world, but "bok choy" is the most common. In Cantonese, a Chinese language, bok choy means "white vegetable."

How to Pick, Buy, & Eat

Look for bok choy with firm, bright green colored leaves and moist hardy stems. The leaves should be fresh, not limp, and free from signs of browning, yellowing, and small holes.

Bok choy should be kept in a cool environment since warm temperatures will cause it to wilt and will negatively affect its flavor. To store bok choy, put it in a plastic storage bag, remove as much air from the bag as possible, and place it in your refrigerator's crisper drawer. Bok choy will keep for about one week if properly stored.

Unlike some of the other cruciferous vegetables, you can consume all parts of bok choy without much trimming.

Bok choy can be eaten raw, but in Chinese cuisine, it is almost always cooked. It can be stir-fried or used in soups. You can cook and serve the leaves and the stems separately.

Bok choy is known for its mild flavor and is suitable for stir-fries, braising, and soups. You can eat it raw, but it is usually cooked first. Stir-frying enhances its flavor, and a nice sauce, like our soy sauce, makes it even tastier.

You can cook both the leaves and the stalks, but separate them before washing so that both parts are thoroughly cleansed. To ensure your bok choy will be fresh, wait to wash it until you're ready to use it. The portions you don't use will stay fresh in the refrigerator for up to six days.

Nutrition

Bok Choy has a lot of nutrients that help your body fight cancer, inflammation, and heart disease. Eating a serving ($\frac{1}{2}$ to 1 cup) of bok choy is good for your eyes, skin, and overall health.

Bok Choy has several carotenoids and vitamin C! These two antioxidants work doubly hard to prevent oxidation in the body. Oxidation is what happens to "rusted" metal. Antioxidants clean up dirty stuff in the

body, in other words.

Vitamin A! The high amounts of beta-carotene (a carotenoid) in bok choy convert to vitamin A in the body.

Vitamin A protects against some cancers, eye diseases, and skin problems.

Vitamin C strengthens our immune systems and protects our bodies against cancer, eye disease, and heart disease.

Vitamin K helps blood to clot, allowing wounds to heal. It also helps prevent calcium build-up in arteries.

Studies are being conducted to see if it helps in building and maintaining bone health.

Traditional Chinese medicine uses bok choy to satisfy thirst, alleviate constipation, help digestion, and treat diabetes.