



Sweet Mandarin Soy Dipping Sauce

By Erin Fletter

Prep Time 5 / Cook Time 0 / 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).

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

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Small bowl
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Measuring spoons
- ☐ Whisk

Ingredients

Sweet Mandarin Soy Dipping Sauce

- ☐ 3 T soy sauce ******(for GLUTEN/SOY ALLERGY sub 3 T coconut aminos)******
- ☐ 1 T rice vinegar
- ☐ 1 tsp granulated sugar, brown sugar, agave syrup, coconut sugar
- ☐ 1 mandarin orange, zested and juiced
- ☐ 1 1/2 tsp vegetable oil ******

☐ 1 tsp ginger ale, optional

Food Allergen Substitutions

Sweet Mandarin Soy Dipping Sauce

Soy: For 3 T soy sauce, substitute 3 T coconut aminos. Substitute canola oil or other nut-free oil for vegetable oil.

Instructions

Sweet Mandarin Soy Dipping Sauce

wash + zest

Have your kids wash **1 mandarin orange** and then zest it, avoiding the bitter white pith.

measure + whisk

Next, into a small bowl, kids can measure and add **3 tablespoons soy sauce, 1 tablespoon rice vinegar, 1 teaspoon sugar, 1 1/2 teaspoons vegetable oil, 1 small squeeze of mandarin orange juice, 1/4 teaspoon mandarin orange zest**, and optional **1 teaspoon ginger ale**. Whisk to combine and enjoy with savory pancakes, like our **Chinese Bok Choy Pancakes!**

Featured Ingredient: Mandarin Orange!

Hi! I'm a Mandarin Orange!

"I'm a popular fruit snack for children and adults! I'm smaller and generally sweeter than a navel orange. It is super easy to peel me and pop an orange section into your mouth!"

History & Etymology

A mandarin orange (or mandarin) is a type of citrus fruit. The wild mandarin originated in South China and Southeast Asia. Sweeter domesticated mandarins have been cultivated for at least 4,000 years.

China produces the most mandarins worldwide. In the United States, California grows the most mandarins commercially, followed by Florida.

Citrus fruits related to mandarin oranges are clementines, tangerines, and satsumas. Clementines are hybrids of mandarins and sweet oranges (which are hybrids of mandarins and pomelos). Tangerines and satsumas are considered types of mandarin oranges or separate but related species. They appear to be hybrids of mandarins and pomelos, with both having more mandarin influence than pomelo.

The name "mandarin" comes from the late 18th-century French "mandarine." Its use for the citrus fruit may be related to the color of the robes worn by Chinese officials, who were called "mandarins" by

Europeans in the 16th century.

Anatomy

The mandarin orange species (*Citrus reticulata*) is from the Rutaceae or citrus family. The wild mandarin is one of the original ancestral citrus classifications (taxa).

The mandarin orange tree is an evergreen and grows from 10 to 25 feet tall. Its tree trunk and major branches have thorns. Its leaves are 2 to 4 inches long, green, glossy, and oval-shaped, with pointed tips at each end, resembling a lance head. Its fruit is small and rounded, about 1 1/2 to 3 inches in diameter. A mandarin's thin skin may be orange, yellow-orange, or red-orange and is easy to peel. The whitish, spongy inner layer of the rind is referred to as the pith (technically the mesocarp). The inside flesh is made up of juicy, orange segments.

How to Pick, Buy & Use

Mandarin oranges that are ready to eat are slightly firm and heavy for their size, which indicates juiciness. The skin should be shiny, smooth, and somewhat loose with tiny dimpling. They should be bright orange without any green.

Storing mandarins in the refrigerator helps them to last longer. If they are eaten within a few days, you can store them at room temperature.

Mandarin oranges are a great snack for kids because they are small, easy to peel, and usually seedless. Fresh or canned mandarin oranges are often added to salads, including fruit salads like ambrosia, as well as green salads with nuts and a vinaigrette dressing. They are also added to desserts, like cakes and parfaits. Their juice is added to salad dressings, glazes, marinades, and beverages.

Nutrition

Mandarin oranges contain 85 percent water. They are a rich source of vitamin C, providing nearly 30 percent of the daily value, and a good source of vitamin A. They also have a moderate amount of potassium and calcium.

Mandarins contain beta-carotene and beta-cryptoxanthin, which are plant pigments and antioxidants that may help reduce the risk of developing certain types of cancer. These two pigments are converted into vitamin A in the body, which is essential for a healthy immune system and good vision.

Vitamin C is also essential for the immune system and beneficial for maintaining healthy skin and promoting wound healing. Calcium helps maintain bone health, and potassium plays a crucial role in cell function and heart health.