

Faux Vietnamese Vegetable Pho + Nicey-Ricey Noodles + Ginger Fizzies



faux vietnamese vegetable pho +
nicey-ricey noodles

soak + peel + slice

Soak **2 oz of dried white Pad Thai noodles** in a large mixing bowl of warm water. Soak while you prep the rest of the ingredients. Use a metal spoon to peel a **1-inch piece of fresh ginger**. Slice the ginger into coins.

measure + microwave + steep

Measure and add enough **chicken, beef, or vegetable broth** to your mug to fill it $\frac{3}{4}$ of the way (about $\frac{3}{4}$ C of broth). Add the **ginger coins**, **1 star anise**, and **1 cinnamon stick** to your mug and cover it with a dish towel or a damp paper towel. Microwave on high for 1 minute and leave in the microwave to steep while you finish prepping the rest of the ingredients.

slice + peel + remove

Slice **1 green onion** into thin pieces. Peel **1 small carrot** into long ribbons. Fish out the ginger, star anise, and cinnamon from your mug and discard them.

:: recipe continued ::



measure + drain + add + microwave

Measure and add **¼ tsp salt** to your mug. Drain the **soaked rice noodles** in a colander and add them to your broth. If they don't bend to fit inside the mug, snip them in half with a clean pair of kid-friendly scissors. Add the **green onions** and **carrot ribbons** to your mug. Cover the mug with a damp paper towel or dish towel and microwave on high for 2 minutes. Remove the mug with a potholder, garnish with **fresh whole basil and cilantro leaves** and an **optional teaspoon of hoisin sauce**! YUM!



ginger fizzies

microwave + slice + squeeze

Microwave **3 limes** for 15 seconds. This will make them easier to slice and squeeze! Slice each lime in half and squeeze the juice into an **ice-filled** drinking glass. Add **6 oz ginger ale**, **¼ C cold water**, and a **pinch of sugar**. Stir and taste! Garnish with a **fresh basil leaf** and shout **CHEERS** in Vietnamese: "Mot, Hai, Ba, YO!" (translates to 1, 2, 3...cheers!)

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equipment list

- | | |
|--|--|
| <input type="checkbox"/> Microwave | <input type="checkbox"/> Fork or chopsticks |
| <input type="checkbox"/> Microwave-safe mug | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Large mixing bowl | <input type="checkbox"/> Kid-friendly knife (butter knife works great) |
| <input type="checkbox"/> Clean pair of kid-safe scissors | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Liquid measuring cup | <input type="checkbox"/> Drinking glass |
| <input type="checkbox"/> Metal spoon | <input type="checkbox"/> Soap for cleaning hands |
| <input type="checkbox"/> Vegetable peeler | <input type="checkbox"/> Potholder |
| <input type="checkbox"/> Paper towel or dishtowel | <input type="checkbox"/> Measuring spoons |

shopping list

Faux Vietnamese Pho + Nicey-Rice Noodles

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|---|--|
| <input type="checkbox"/> 2 oz dried white Pad Thai noodles | <input type="checkbox"/> 1 green onion |
| <input type="checkbox"/> ¾ C veggie, chicken, or beef broth | <input type="checkbox"/> 1 medium-sized carrot |
| <input type="checkbox"/> 1-inch piece fresh ginger root | <input type="checkbox"/> ¼ tsp salt |
| <input type="checkbox"/> 1 dried star anise | <input type="checkbox"/> 4-5 fresh basil leaves |
| <input type="checkbox"/> 1 cinnamon stick | <input type="checkbox"/> 4-5 fresh cilantro sprigs |
| | <input type="checkbox"/> Optional: hoisin sauce |

Ginger Fizzies

- 3 limes
- 6 oz ginger ale (preferably without high fructose corn syrup)
- Sugar to taste
- 1 sprig fresh basil
- Ice

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Ginger + Pho!

- ★ **Ginger is one of the oldest plants used for medicine.**
- ★ **Ginger is native to India and China.**
- ★ **It is a common cooking spice used throughout the world.**
- ★ **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 9th century Europe, powdered ginger was also placed on the table alongside salt and pepper.
- ★ **A long long time ago, ginger was used to preserve food and keep it from going rotten.**
- ★ **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.
- ★ **Ginger contains very potent anti-inflammatory compounds called *gingerols*.** This may explain why some people experience pain relief from arthritis after eating ginger.
- ★ **Phở was born in Northern Vietnam during the mid-1880s.** The dish was heavily influenced by both Chinese and French cooking. Rice noodle and spices were imported from China; the French popularized the eating of red meat. In fact, it is believed that "phở" is derived from "pot au feu" a French soup. "Pot au feu" literally means "pot on the fire," signifying the long hours required to create the soup. Vietnamese cooks blended the Chinese, French and native influences to make a dish that is uniquely Vietnamese.
- ★ **The popularity of pho spread southwards starting in 1954** when the country was divided into North and South Vietnam. As the dish moved south, cooks infused it with additional ingredients until it evolved into the version that is commonly served today. The origins of pho as a Northern dish that spread South explains the key differences between the Northern and Southern variations. Southern style pho is a complex dish made from a dozen ingredients. Northern style pho tends to be simpler and is made with less ingredients.

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Time for a laugh!

What is the noisiest spice? ***Ginger Snap!***

Where do Sticky Fingers Cooking chefs live?
In gingerbread houses, of course!

Name the four seasons: ***Salt, Pepper, Garlic and GINGER***

What do vegetables like to drink? ***Ginger ale***

How do the Denver Broncos eat their PHO soup? ***In a Super Bowl.***

Waiter this PHO soup tastes funny. Waiter's response: ***"Then why aren't you laughing?"***

