

# Chinese Takeout Cucumber DanDan Noodles + On-the-Go Ginger Cucumber Boba Tea



## chinese takeout cucumber dandan noodles

### cook+slice+scoop

Cook **3 C of egg noodles** (or other long pasta, like linguini) according to package directions. Drain and set aside. Slice **1 lb cucumbers** in half and, using a spoon, scoop out and discard the seeds.

### grate+chop

Grate the cucumbers and **1 tsp ginger root**. Chop up **1-2 green onions**.

### measure+whisk

In a large bowl, measure and whisk together **2 T dark sesame oil**, **½ C tahini**, **2 T sugar/brown sugar/honey/agave nectar**, **3 T soy sauce**, **1½ T rice vinegar**, **½ tsp black pepper**, and grated ginger.

### bubble+stir+toss

Add the sauce to a saucepan on your stovetop and heat until it bubbles, about 3 minutes. If needed, thin the sauce with hot water so that it is about the consistency of heavy cream - you may need up to a ¼ C of water. Stir the grated cucumbers into the sauce and then toss the noodles and green onions with the sauce and cucumbers. Taste, add **salt** or **hot sauce** if desired, and enjoy!

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## on-the-go ginger cucumber boba tea

### boil+add+knead

Boil  $\frac{1}{2}$  C water. Measure 1 C tapioca starch/flour into a bowl and work the hot water in little by little, in case it isn't all needed. Kneading with your hands is the best way to incorporate the water and make a non-sticky dough. Be careful not to burn yourself, though!

### snake+cut+roll

Give kids pieces of the dough and have them roll into long snakes, then cut them into small pieces and roll into tiny pearl sized balls.

### cook+float+remove

Boil at least twice as much water in a saucepan as the volume of tapioca pearls that you are going to cook. Carefully add your homemade boba to the boiling water. When it floats to the top, turn the heat down to medium. You'll notice that the boba begin to cook and get their chewy texture almost immediately. Remove the boba from the hot water and transfer them to a bowl with some honey/agave/sugar water. This will help preserve them until you're ready to use them, as well as slightly sweeten them and keep them from sticking to each other.

### boil+steep

Boil  $\frac{1}{2}$  C water and add a 1" slice of ginger and  $\frac{1}{2}$  C honey/sugar/agave nectar. Steep for 5-20 minutes.

### squeeze+chop+blend

Squeeze the juice of 1 lime into your blender, or a pitcher for use with an immersion blender. Chop and add  $\frac{1}{2}$  small cucumber. Discard the ginger from the hot water and add sweetened ginger water to your blender/pitcher along with 1-2 cups cold water. Blend until smooth.

### spoon+pour+serve

Spoon the cooked boba into the bottom of cups, pour the tea on top, and top with some ice!

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# shopping list

## Chinese Cucumber DanDan Noodles

- 1 lb cucumbers
- 3 C cooked egg noodles
- 2 T dark sesame oil
- ½ C tahini
- 2 T sugar/brown sugar/honey/  
agave nectar
- 3 T soy sauce + more to taste
- 1 tsp fresh ginger root
- 1½ T rice vinegar
- ½ tsp black pepper
- 1-2 green onions
- salt, to taste
- hot sauce, optional

## Ginger Cucumber Boba Tea

- 1" slice fresh ginger
- ½ C honey/brown sugar/  
sugar/agave
- ½ small cucumber
- 1 lime
- 2 C ice

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## The History of DanDan Noodles

**DanDan noodles are one of the most famous of Chinese street foods.** This noodles dish is more of a snack than a main dish and you won't find a big bowl of DanDan served in a restaurant. It is usually served in a very small bowl - plain in appearance, yet super rich in flavor. If you look at the ingredient list, you'll know why this dish is so simple, yet flavorful.

**The name refers to a type of carrying pole, a dan dan, that was used by walking street vendors who sold the dish to passers-by.** The pole was carried over the shoulder, with two baskets containing noodles and sauce attached at either end. The name literally translates as, 'noodles carried on a pole', but may be better translated as 'peddler's noodles'.

## The surprise ingredient of the week is: Cucumber!

- ★ **As a member of the gourd family (such as melons, squash, pumpkins, and watermelon), cucumbers grow on a vine in sandy soil.** Sandy soil warms faster in the spring, giving cucumbers a more favorable growing environment.
- ★ **Cucumbers are believed to have originated in India over 3,000 years ago** and are one of the oldest known cultivated vegetables.
- ★ **"Cool as a cucumber" isn't just a catchy phrase.** The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air and when applied topically, cucumber really does cool the body and ease swelling. Cucumbers are also 96% water, making them not only cooling, but hydrating and refreshing, too!
- ★ **Cucumbers contain many vitamins,** including B vitamins, vitamin C, vitamin K, calcium, iron, magnesium, phosphorus, potassium, and zinc.
- ★ **The Romans liked cucumbers so much that they went through the trouble of designing greenhouses just to grow them.** However, it is likely that they ate small cucumbers, more like what we'd call gherkins nowadays.
- ★ **David Thomas from the UK holds the record for growing the world's heaviest cucumber,** which weighed in at over 23 pounds!
- ★ **Most of the flavor in cucumber comes from their seeds.** Medium sized cucumbers with soft small seeds have the best flavor.

Time for a laugh!

What musical instrument would a cucumber play? A pickle-o!  
How long does it take to brew Chinese tea? Oolong time!

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