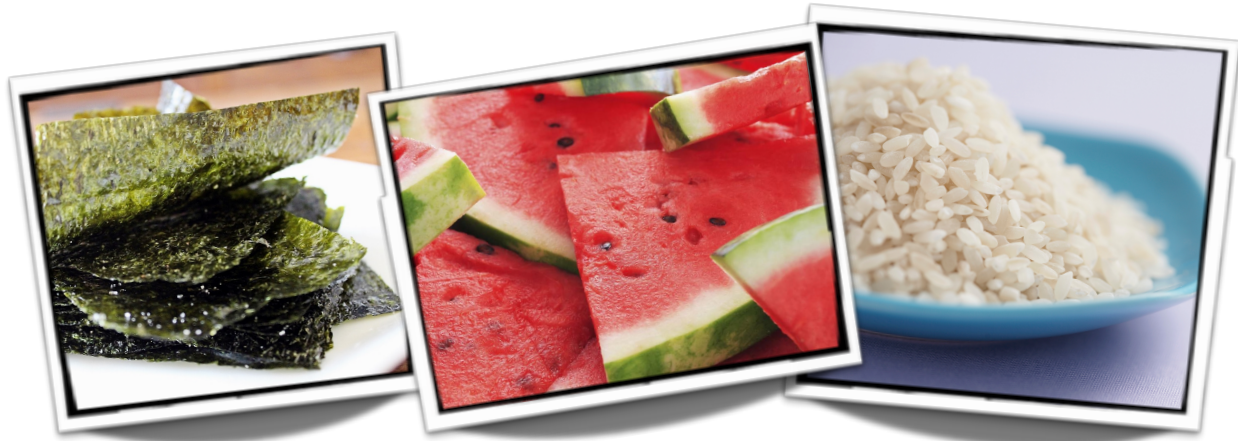


Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice + Wondrous Watermelon Soda



hawaiian rainbow watermelon poke bowls

measure+boil+simmer

Make the rice first! Rinse **1½ C short grained white rice** in water until the water runs clear. Then drain in a colander. Place the rinsed, drained rice in a pot with a tight-fitting lid and add **3 C water**. Over medium heat, cover and bring the water to a boil. Boil for about 2 minutes, reduce heat and allow to simmer for another 5 minutes. Reduce heat to low and cook for about 15 minutes, or until water has been absorbed. Let the rice stand for 10-15 minutes while you make the rest of your poke bowls!

tear+toast+whisk

Now time to make the *furikake* - the dry Japanese seasoning that is sprinkled on cooked rice. Start by having kids tear **1 sheet of Nori** into tiny bits. Next, quickly toast the torn nori bits in a dry skillet on your stovetop over medium heat, until it's darkened and crispy - be careful not to burn! Place the toasted nori in a bowl and have your students add **2 T sesame seeds, ¼ tsp salt, ¼ tsp sugar**. Whisk together until well combined and set to the side.

chop+combine+marinate

Next it is time to make the dressing. Have kids chop 2 stalks green onions and 1 garlic clove into the smallest bits possible and place in a small bowl. Add **1 T soy sauce, 4 tsp rice vinegar, 1 ½ T sugar/honey/agave, and 1 T vegetable oil**. Let the dressing sit to marinate the onions and garlic.

::continued::

Family Fun Recipes

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cube+grate

It is finally time to make the poke! Cube, as best you can, **half of a medium watermelon**, **1 small cucumber**, and **half of a ripe avocado**. Grate **1 small carrot**. Place all of these fruits and vegetables into a big bowl.

pour+toss+sprinkle

Pour on the dressing, as much as you like, and gently toss. Sprinkle the furikake on top and serve over your cooked rice.



wondrous watermelon soda

chop+squeeze

Chop up **half of a medium watermelon** and add to your blender, or a pitcher for use with an immersion blender. Squeeze the juice of **1 lime** into the blender/pitcher.

measure+blend

Measure and add **½ C sugar/honey/agave** to the blender/pitcher with the fruit. Blend everything together until the watermelon is smooth. Add **4 C sparkling water** and stir. Taste, adjust flavors, and top with **2-3 C ice**.

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shopping list

Hawaiian Rainbow Watermelon Poke Bowls

- ½ medium watermelon
- 1 T soy sauce (sub tamari for GF)
- 1 small cucumber
- 1 clove of garlic
- 1 small carrot
- 4 tsp rice vinegar
- ½ ripe avocado
- 2 stalks green onions
- 1½ C white short grain rice
- 1½ T sugar/honey/agave
- 1 sheet nori
- 1 T vegetable oil
- 2 T sesame seeds
- ¼ tsp salt
- ¼ tsp sugar

Wondrous Watermelon Soda

- ½ medium watermelon
- ½ C sugar/honey/agave
- 4 C sparkling water
- 1 lime (optional)
- 2-3 C ice

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The History of Poke!

Poke is a classic Hawaiian pupu, or snack, and is a centuries-old tradition possibly dating as far back as the arrival of the first Hawaiians in the island chain. Back then, poke was a simple meal. Scraps of reef fish and crisp lime, or seaweed, were mixed with crushed kook nuts and sea salt. Historians squabble over whether or not the meal was called poke then or if the name only took hold in the 1960s. One thing is certain - poke, Hawaiian for “to cut crosswise into pieces”, is a quintessentially Hawaiian dish.

As other cultures came to the island, poke changed. Easier access to deep-water fish saw ahi replace reef fish as the most popular poke choice. The Japanese added shoyu to their poke recipes. With time, sesame oil became a popular ingredient. Tofu and octopus became popular alternatives to ahi.

Poke holds a fond place in the hearts of local Hawaiians. The dish is a staple of luaus, family get-togethers, tailgate parties, and any other get together filled with family, friends, and Aloha. Poke is to the islands what nachos are to the mainland - a quick, filling snack food, seen more as comfort food than a full meal.

The Surprise Ingredient of the Week is: Watermelon!

- ★ **Watermelon is thought to have originated in the Kalahari Desert of Africa.** The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient buildings. From there, watermelon spread throughout countries along the Mediterranean Sea by way of merchant ships.
- ★ **Watermelon is now the most consumed melon in the United States,** followed by cantaloupe and honeydew.
- ★ **Today, upwards of 300 watermelon varieties are grown in the US and Mexico,** although only about 50 are popular. Watermelons grow in various weights, shapes, sizes, and colors - they can be red, orange, yellow, or white.
- ★ **Watermelon can be classified as both a fruit and a vegetable** - a fruit because it grows from a seed, has a sweet refreshing flavor, and is loosely considered a type of melon (although it is actually a type of berry called a pepo) and a vegetable because it is a member of the same family as the cucumber, pumpkin, and squash and is harvested and cleared from fields like other vine growing vegetables.
- ★ **Watermelons are 92% water and also have high electrolyte content,** which makes them ideal as a refreshing summer thirst quencher.

Time for a laugh!

When do you go at red and stop at green? When you're eating a watermelon!

What did the rice say to the watermelon? Don't be a slow-POKE!

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