

Spring Asparagus Ramen Bowl + Frizzled Spring Onions + Japanese Melon Coolers



spring asparagus ramen bowl

snap+dice+slice

**First make the frizzled spring onions (see recipe below). No need to clean out saucepan after removing onions before making the ramen!*

Have kids snap off the tough ends **8-10 asparagus spears** and snap off the stems of **8-10 mushrooms**. Save mushroom stems for broth and then dice up the asparagus tips and slice up the mushroom caps.

sauté+add+simmer

Sauté the mushroom stems and **one smashed clove of garlic** for 2-3 minutes in your saucepan on your stovetop over medium heat. Turn off the heat and add **5 C water, 2 T miso paste, ½ tsp sugar/honey, ½ tsp salt, and 2 two-inch squares of kombu seaweed/1 sheet of toasted nori seaweed/¼ C of wakame seaweed**. Turn your saucepan back on high and bring to a boil. Reduce heat and simmer for 10-20 minutes.

strain+discard+adjust

Strain out and discard the mushroom stems, garlic, and seaweed from the saucepan with a slotted spoon. Discard. Taste the north and adjust - adding more miso, salt, honey/sugar, if necessary.

::continued::

Family Fun Recipes

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add+cook+garnish

Add 6-9 oz of dried ramen noodles (or rice noodles for gluten free version) and cook until noodles are tender, about 4-7 minutes. Divide ramen between bowls to serve and then garnish with extra seaweed, or any other optional toppings including **sliced radishes, bean sprouts, bamboo shoots, corn kernels, hard-boiled egg halves, drizzle of sesame oil, drizzle of soy sauce, splash of rice wine vinegar, or a squeeze of fresh lemon or lime**. Finally, garnish with frizzled spring onions!

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frizzled spring onions

trim+slice

Have your kids trim and slice **half a bunch of green onions** into 3-inch matchsticks.

heat+frizzle

Heat **4 T oil** in a saucepan on your stovetop over medium heat. Test the temperature by adding a piece of green onion - it should sizzle on contact when the oil is hot enough. Add the green onions and cook, stirring frequently, until brown all over, but not burned.

transfer+sprinkle+cool

Use a slotted spoon or spatula to transfer the frizzled onions to a paper towel-lined plate. Sprinkle with salt and allow to cool. Serve on top of ramen!

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melon coolers

chop+blend

Have kids remove seeds and chop up **½ melon - either watermelon or cantaloupe**. Add chopped melon, along with 1 C water, into your blender or a pitcher for use with a hand blender. Blend until smooth.

add+blend

Add **½ C sugar/honey** and **2 C ice**. Blend again until sooth and thick.

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shopping list

Spring Asparagus Ramen Bowl

<input type="checkbox"/> 8-10 asparagus spears, preferably thick stalks	<i>Optional Toppings</i>
<input type="checkbox"/> 8-10 mushrooms	<input type="checkbox"/> 2-4 large hard-boiled eggs
<input type="checkbox"/> 1 garlic clove	<input type="checkbox"/> drizzle of sesame oil
<input type="checkbox"/> 2 two-inch squares kombu seaweed, 1 sheet toasted nori seaweed, or ¼ C wakame seaweed	<input type="checkbox"/> drizzle of soy sauce
<input type="checkbox"/> 2 T miso paste	<input type="checkbox"/> extra kombu, nori, or wakame seaweed
<input type="checkbox"/> ½ tsp salt	<input type="checkbox"/> squeeze lemon or lime juice
<input type="checkbox"/> ½ tsp sugar/honey	<input type="checkbox"/> splash of rice vinegar
<input type="checkbox"/> 6-9 oz. dried ramen noodles (or sub rice ramen noodles for GF)	<input type="checkbox"/> handful of bean sprouts
	<input type="checkbox"/> sliced radishes
	<input type="checkbox"/> corn kernels
	<input type="checkbox"/> bamboo shoots

Frizzled Spring Onions

- 4 T oil
- ½ bunch green onions
- salt, to taste

Melon Coolers

- ½ melon - watermelon or cantaloupe
- ½ C sugar/honey or to taste
- 2 C ice

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The History of Ramen

Ramen first appeared in Japan in 1910, when Chinese cooks at a Tokyo restaurant created a signature dish comprised of broth and Chinese noodles, which were yellower and more elastic than Japanese noodles. This wildly popular dish was not called ramen, but rather shina soba - shine is a phonetic rendering of the word "China".

In 1958, instant ramen noodles were invented in Japan. Soon in the history of ramen noodles, the idea of putting ramen noodles in a convenient cup was brought to the market. This permitted ramen noodle aficionados to enjoy ramen noodle soups away from the kitchen, such as in schools, offices, and on vacations. Just as the world began to develop a "taste" for ramen noodles, the desire to improve them became the next evolutionary step.

In Japan today, there are over 35,000 ramen noodle restaurants that each pride themselves in their own ramen noodle recipe development.

The Surprise Ingredient of the Week is: Asparagus!

- ★ **Asparagus is one of three vegetables common in North American cuisine that come from a perennial plant (the others being artichokes and rhubarb).** Once established, the harvest begins almost as soon as the plants emerge from dormancy each spring. When the ground defrosts, the massive underground root system pushes out the edible spears at a rate of 6 inches or more a day!
- ★ **The name, Asparagus, comes from the Greek language and means "sprout" or "shoot".**
- ★ **The asparagus crown is actually an underground stem from which asparagus spears shoot from roots called rhizomes.** Asparagus spears, which are tender and succulent to eat, are slightly glossy, with many small, bumpy, triangular scales (called bracts) at the top of the spear.
- ★ **There are three different types of asparagus - green, white, and purple!** White asparagus comes from the same plant as green asparagus, but is grown underground and because it never sees sunlight, it does not go through photosynthesis and never turns green! White asparagus is one of the most labor-intensive vegetables to grow.
- ★ **Asparagus has lots of vitamins including calcium, folate, vitamin E, and vitamin K, as well as dietary fiber.**

Time for a laugh!

What did the asparagus say to the bowl of ramen soup? Stop STALKING me!

How did the bowl of asparagus ramen soup reply? But you make MISO happy!

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