

Very Vietnamese Veggie Bánh Mì Sandwiches + Hibiscus Ginger Party Punch



very vietnamese veggie bánh mì sandwiches

peel+measure+combine

First, we'll make the pickles! Have your kids carefully peel **½ inch fresh ginger** and **1 clove garlic**. In a cold skillet or saucepan on the stovetop, combine **½ C water**, **¼ C sugar or honey**, **¼ C white vinegar or rice vinegar**, **½ tsp salt**, and the whole peeled ginger and garlic.

heat+dissolve

Heat the marinade to almost a boil and stir until the sugar or honey has dissolved, about 1 minute. Allow the mixture to cool.

grate+squeeze

Have your kids carefully grate **2 carrots**, **½ of a cucumber**, and **4-6 radishes**. Place the vegetables in a clean towel (or paper towels) and squeeze out the extra liquid. Place grated vegetables in a bowl.

pour+marinate

Pour the cooled marinade over the grated vegetables and set aside to marinate for 10-40 minutes.

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

crumble+sauté

Heat some oil in a nonstick skillet on your stovetop and have your kids crumble **½ block of tofu**. Sauté the tofu until it is a little brown over medium/high heat. Season with some dashes of **soy sauce** to taste and remove from heat. *(Alternatively, scramble 2 eggs.)*

slice+pull+assemble

Slice **2 baguettes** in half the long way and have your kids pull some of the center of the bread out of the baguette halves, leaving a little cavity for the filling. Drain and rinse (or squeeze) off the marinade from the vegetable pickles. To assemble the Bánh mì, have your kids spread each half of the baguette with some **mayonnaise** and fill the cavity of the bottom half of the bread with the tofu (or egg), the pickled vegetables, some torn **cilantro leaves**, and a **squeeze of lime juice**. Top with the other half of the baguette. Cut the sandwiches into equal parts and EAT!

hibiscus ginger party punch

boil+peel+combine

Boil **4 C of water**. Meanwhile, have your kids carefully peel **1-2 inches of fresh ginger** and set to the side. Measure and combine **1-2 hibiscus tea bags**, **½ C sugar or honey (or 2 packs of stevia)** and the fresh peeled ginger at the bottom of a pitcher. Slowly pour the boiling hot water into the drink pitcher.

infuse + strain

Set your pitcher aside for 15-30 minutes to let the mixture infuse. Strain out the tea bags and ginger before serving. Serve in cups poured over ice and enjoy!

Let's Learn Vietnamese Numbers from Zero to Ten!

While chopping, blending, and stirring, count to 10 in Vietnamese...

1... **một** (mohk) – like a Buddhist monk

2... **hai** ("high") – Like as high as airplanes fly

3... **ba** (bah) – Like what a sheep says

4... **bốn** ("bone") – Like what a dog chews on

5... **năm** ("nuhm") – Like when your hands are cold and numb

6... **sáu** (sao) – Like when you sew

7... **bảy** (bye) – Like goodbye!

8... **tám** (tahm) – Like a TAMbourine

9... **chín** ("cheen") – Like your chin

10... **mười** (meui) – Like what a cat says

::continued::



shopping list

Very Vietnamese Veggie Báhn Mì

- | | |
|--|--|
| <input type="checkbox"/> 2 fresh French baguettes (for GF, use GF bread, lettuce wraps, or rice paper) | <input type="checkbox"/> small handful cilantro |
| <input type="checkbox"/> mayonnaise | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> lime (optional) |
| <input type="checkbox"/> 4-6 radishes (or 2-4 in. Daikon radish) | <input type="checkbox"/> ½ C water |
| <input type="checkbox"/> ½ small cucumber | <input type="checkbox"/> ¼ C sugar or honey |
| <input type="checkbox"/> ½ block tofu (or 2 eggs) | <input type="checkbox"/> ¼ C white or rice vinegar |
| <input type="checkbox"/> 2 T vegetable oil | <input type="checkbox"/> ½ T salt |
| | <input type="checkbox"/> 1 clove garlic |
| | <input type="checkbox"/> ½ inch fresh ginger |

Hibiscus Ginger Party Punch

- 4 C water
- 1-2 hibiscus tea bags
- ½ C sugar or honey
- 1-2 inches of fresh ginger
- squeeze of lime (optional)
- ice

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

The History of Bánh Mì

The Bánh Mì (“baan mee”) sandwich is the culinary love child of two distinct civilizations, the Vietnamese and the French. The word Bánh is a generic term used to describe food made with flour. The French became the colonial power in Vietnam and while the country’s citizens could argue about whether there was any benefit to French political oversight, they did ALL agree that the baguette was a happy legacy from that time.

Initially crafted in Saigon, it resembled a traditional, minimalistic Parisian sandwich, consisting of just butter, ham, or pate. Known to locals as ‘Bánh Tay’, the sandwich was sold in expensive bakeries and delis to affluent Vietnamese people and those who had chosen to embrace French rule. Consequently, it was often too pricey for the local working people. By 1945, ‘Tay’ had been dropped in favor of ‘Mi’ to become Bánh Mì. After French rule ceased in 1954, the Vietnamese started to include their own ingredients, condiments, and garnishes. Butter was replaced with mayonnaise, while pickled vegetables and fresh chilies were added to enhance the flavor.

The surprise ingredient of the week: Radishes!

- ★ **Radishes are a naturally cooling food** and their pungent flavor is highly regarded in eastern medicine for the ability to decrease excess heat in the body that can build up during the warmer months.
- ★ **Their natural spice can be especially helpful when fighting a cold.** Radishes can help clear the sinuses and soothe soar throats too.
- ★ **Radishes are a natural cleansing agent for the digestive system,** helping to break down and eliminate stagnant food and toxins built up over time.
- ★ **Because of their high vitamin C content and natural cleansing effects,** regular consumption of radishes can help prevent viral infections.
- ★ **In Eastern and Ayurvedic healing practices radishes are said to have effective toxin-purging effects,** helping break down and eliminate toxins and cancer-causing free radicals in the body.
- ★ **As a member of the cruciferous vegetable family** (same family as broccoli and cabbage) radishes contain phytonutrients, fiber, vitamins and minerals that are cancer protecting.
- ★ **Radishes have a calming effect on the digestive system.**
- ★ **With a high water content and lots of vitamin C as well as phosphorus and zinc, radishes are a nourishing food for the tissues** and can help keep your body hydrated and your skin looking fresh and healthy all year long!

Time for a laugh!

What is the coolest vegetable in the garden? A RADish!

Why are radishes so smart? Because they’re well-red!

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT