

Gangnam Style Korean Bulgogi BBQ Wraps + Ginger Pear Lime Slushie



bbq bulgogi wraps

slice + chop

This recipe is equally delicious with either tofu or mushrooms as the vegetarian bulgogi filling.

- ★ If using **tofu**, have your kids slice and then chop 8 oz. extra firm tofu into small cubes.
- ★ If using **mushrooms**, wash ½ pound of fresh mushrooms thoroughly, pat dry, and then have your kids slice them up!

grate + chop

Have your kids grate **1 pear**, grate **2 inches of fresh ginger root**, and chop **2 green onions** and **2 cloves garlic** and combine in a medium bowl.

measure + combine

Have your kids measure and combine into the same bowl as the pear mixture: **½ cup soy sauce**, **1 BIG Tbsp honey, sugar, or brown sugar**, **2 Tbsp oil**, **2 tsp freshly squeeze lime juice**, **pinch of salt and pepper**.

coat + marinate

Stir the chopped tofu or mushrooms into the marinade and let it sit for 5-10 minutes (or up to 3 hours!).

:: continued ::

Family Fun Recipes

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sear + reduce

Warm a nonstick skillet on your stovetop to medium/high heat. Remove just the tofu and mushrooms from the marinade using a slotted spoon (keeping extra marinade!) and sear in the skillet until they are nicely caramelized and release their liquid, about 2-3 minutes. Carefully add the remaining marinade to your skillet and cook until sauce is reduced by half or more. Be carefully about splashes and splatters! If using, sprinkle **1 tsp cornstarch** over sauce and whisk well.

grate + tear + chop

While you cook the sauce, have your kids prepare the extra toppings. Grate **cucumbers, carrots**, and/or **radishes**; tear up herbs such as **basil, mint**, and/or **cilantro**; and chop **peppers, bean sprouts**, and/or **avocados**.

fill + fold

Serve the BBQ tofu/mushrooms with the toppings and make *ssam* (Korean-style wraps) by folding a tablespoon or more of the BBQ mixture, along with the additional toppings, inside a **lettuce leaf, tortilla**, or piece of soaked **rice paper**. The goal, as in any Korean dish, is to incorporate five colors: red, yellow, black, white, and green, as well as five flavors: hot, sour, salty, sweet, and bitter.

ginger pear lime slushie

combine + boil + cool

In a small saucepan, stir together **2 cups of water**, **¼ cup sugar or honey**, and **½ inch slice of peeled fresh ginger**, and bring the mixture to a boil, stirring until the sugar is dissolved. Simmer for 3 minutes. Let it sit until cool.

chop + blend

Once ginger water has cooled, discard the piece of ginger. Have your kids chop up **1 pear** and add to your blender, along with the ginger water. Add an additional **1 cup of water**, the **juice of 2 limes**, and **2 cups of ice**. Blend until you have the slushiest slushie ever! To serve, divide among tall glasses filled with extra ice cubes and garnish each drink with a lime slice, if you wish!

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shopping list

BBQ Bulgogi Wraps

- | | |
|--|---|
| <input type="checkbox"/> 1 pear | For wrapping... |
| <input type="checkbox"/> 2 green onions | <input type="checkbox"/> tortillas (flour or corn) |
| <input type="checkbox"/> 2 garlic cloves | <input type="checkbox"/> large lettuce leaves |
| <input type="checkbox"/> 2 inches fresh ginger | <input type="checkbox"/> rice paper wraps (soaked in warm water for 10 seconds) |
| <input type="checkbox"/> ½ cup soy sauce | |
| <input type="checkbox"/> 1 Tbsp honey, sugar, or brown sugar | Optional toppings... |
| <input type="checkbox"/> 2 tsp lime juice (about 1 lime) | <input type="checkbox"/> fresh herbs (basil, mint, cilantro) |
| <input type="checkbox"/> 2 Tbsp oil | <input type="checkbox"/> radish |
| <input type="checkbox"/> pinch of salt & pepper | <input type="checkbox"/> bean sprouts |
| <input type="checkbox"/> 8 oz. extra firm tofu OR ½ lb fresh mushrooms | <input type="checkbox"/> carrots |
| <input type="checkbox"/> 1 tsp cornstarch (optional) | <input type="checkbox"/> cucumbers |
| | <input type="checkbox"/> avocado |
| | <input type="checkbox"/> peppers |

Ginger Pear Lime Slushies

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> 3 cups water | <input type="checkbox"/> 1 pear |
| <input type="checkbox"/> ½ inch slice of peeled fresh ginger | <input type="checkbox"/> 2 limes |
| <input type="checkbox"/> ¼ cup sugar or honey, or to taste | <input type="checkbox"/> 2 cups ice |

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fun food facts:

What is Bulgogi Korean BBQ?

The word *bulgogi* (bull go gee) means “**fire meat**” - *bul* is fire and *gogi* is meat in Korean. Bulgogi was traditionally prepared especially for the **wealthy and nobility** and is typically made from **thin slices of prime cuts of meat**. Before cooking, the **meat is marinated to enhance its flavor and tenderness** with a mixture of soy sauce, sugar, sesame oil, garlic, pepper, and other ingredients such as scallions, ginger, onions, or mushrooms. **Pureed pears and onions are often used as tenderizers.**

Today, with South Korea’s rising fortunes, the dish has become an **everyday staple**, found in practically every Korean food venue, from fast-food joints to fancy four-star restaurants. **Many Koreans make bulgogi at home**, by pan-frying the marinated tofu or meat on a regular cooktop. In restaurants, this barbecue dish takes on the tone of a **social activity** - diners cook the meat on a grill or griddle placed in the middle of the table. Traditional Korean restaurants include a variety of side dishes as part of the order. There are three standard side dishes: **kimchi** (spicy pickled cabbage), **shredded radish**, and **lettuce leaves** for wrapping the meat.

The surprise ingredient of the week: Pears!

- ★ There are **over 3,000 varieties of pears** grown around the world, but pears are **native to Asia and Europe**. Today, the U.S. is one of the largest producers of pears in the world and all U.S. pears are picked by hand. The fruit is **harvested green**, because it **continues to ripen after removal** from the tree.
- ★ Pears are members of the **rose family** (like apricots, apples, and plums). Pears and apples cannot always be distinguished by the form of the fruit - some pears look very much like some apples. One major difference is that the **flesh of pear fruit contains stone cells**, which give them their **gritty** texture. Another interesting difference is that apples, when placed in water, will float; **pears will sink!**
- ★ Pears are often seen as a symbol of **abundance**, associated with goddesses of fruitfulness, plenty, and the harvest. The ancient Chinese believed that the pear was a symbol of **immortality** because pear trees live for a long time.
- ★ Pears are an excellent source of **fiber**, and a good source of **vitamins C, K**, and minerals such as **copper** and **potassium**.

Time for a laugh!

What are twins' favorite fruit? Pears (pairs)!

What did the farmer say to the tofu? Lettuce eat bulgogi!

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