

Thai Coconut Lemongrass Noodle Soup (Tom Kha) + Cucumber Salad + Cucumber Ginger Lime Slushies



tom kha soup

soak + drain

Prepare the rice noodles first. Soak **8-10 oz. dried Thai rice noodles**, any width, in very hot water for 5-15 minutes or so to soften up (following package directions). Drain and set to the side.

chop + sauté

Have your kids chop up **2 shallots**. Also, slice off **3 large slices of ginger** and slice **2 stalks of lemongrass** into pieces (both will be removed from the broth before serving). First, sauté the shallots in a saucepan on your stovetop with a little oil to soften. Then add the ginger and lemongrass and cook for another 3 minutes or so.

measure + pour

Have your kids measure and pour all of the broth ingredients into a large bowl: **1 can coconut milk**, **2-3 cups vegetable stock** (or *bullion cube with water*), **4 Tbsp soy sauce**, **½ Tbsp salt**, and **1 tsp brown sugar**. Whisk together.

simmer + prep

Add the coconut both to the shallots, ginger, and lemongrass in your saucepan. While the broth simmers, have your kids prep whichever toppings you chose (**8-12 mushrooms**, **a handful bean sprouts**, **1/2 can of baby corn**, **a handful cilantro**, **1/2 cup grape tomatoes**, **sliced cucumbers**).

:: continued ::

Family Fun Recipes

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remove + portion + squeeze

Remove the ginger and lemongrass from the broth. Portion the softened rice noodles into each bowl and then top with broth. Add toppings to soup and squeeze **the juice from a slice of lime** into each bowl of soup right before serving. Enjoy and slurp away! It is considered polite to slurp noodles in Asia, it means you like the soup!

cucumber salad

chop + whisk + toss

Have your kids chop up **2 cucumbers** into bite sized pieces. Whisk up **2 Tbsp soy sauce**, **1 Tbsp oil**, and **1 Tbsp honey or sugar** in a bowl. Add the cucumbers and have your kids toss them in the dressing. Let the salad sit and marinate for 10-30 minutes.

cucumber ginger lime slushies

measure + mix

Measure **½ cup honey** and combine with **½ cup hot water**. Drop in a **slice of fresh ginger** and mix to combine. Set to the side to cool.

peel + scoop + chop

Have your kids peel **½ a cucumber**, slice it in half lengthwise, and scoop out and discard the seeds. Chop up the cucumber and add it to your blender.

discard + squeeze + blend

Discard the ginger from the honey water and add it to your blender. Squeeze the **juice of 2 limes** into the blender. Add some **coconut milk**, if you wish, to taste and to make it creamy. Add **1-2 cups ice** and blend!

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shopping list

Tom Kha Soup

- | | |
|--|---|
| <input type="checkbox"/> 8-10 oz. dried Thai rice noodles ,
any width | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 1 can coconut milk | <input type="checkbox"/> oil |
| <input type="checkbox"/> 2-3 cups vegetable stock (or
<i>bullion cube with water</i>) | Toppings (choose 2 or more!) |
| <input type="checkbox"/> ½ Tbsp salt | <input type="checkbox"/> 8-12 mushrooms , chopped |
| <input type="checkbox"/> 1 tsp brown sugar | <input type="checkbox"/> handful of bean sprouts |
| <input type="checkbox"/> 4 Tbsp soy sauce | <input type="checkbox"/> ½ can baby corn , chopped |
| <input type="checkbox"/> 2 shallots | <input type="checkbox"/> 1 handful fresh cilantro leaves |
| <input type="checkbox"/> 2 stalks fresh lemongrass | <input type="checkbox"/> ½ cup grape tomatoes , chopped |
| <input type="checkbox"/> 3 slices fresh ginger | <input type="checkbox"/> sliced cucumbers |

Cucumber Ginger Lime Slushies

Cucumber Salad

- | | |
|--|---|
| <input type="checkbox"/> ½ cup honey | <input type="checkbox"/> 2 cucumbers |
| <input type="checkbox"/> ½ cup hot water | <input type="checkbox"/> 2 Tbsp soy sauce |
| <input type="checkbox"/> 1 slice ginger | <input type="checkbox"/> 1 Tbsp oil |
| <input type="checkbox"/> ½ cucumber | <input type="checkbox"/> 1 Tbsp honey or sugar |
| <input type="checkbox"/> 2 limes | |
| <input type="checkbox"/> 1-2 cups ice | |
| <input type="checkbox"/> coconut milk (optional & to taste) | |

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fun food facts:

What is Tom Kha Soup?

Among the cuisines of Southeast Asia, Thai food is unique. Thai cuisine is **distinct from Chinese and Indian cuisines**, both of which influenced Thai cooking. Thai cooking is completely identifiable in its own right, **incorporating all 5 tastes: sweet, sour, bitter, salty, and spicy**. Thailand was a **crossroads of East to West sea routes** causing its culture and cuisine to be infused with **Persian and Arabian** elements. **Tom Kha Gai**, a chicken soup as ubiquitous in Asia and as steeped with **anecdotal medicinal properties** as chicken noodle soup is in America, is a highly flavorful **sweet and savory broth** with a coconut milk base. The ingredients contributing the most to its explosion of flavor are **lemongrass** and **galangal** (similar to ginger). The former, a long stiff stalk best described as “woody”, promotes a **citrusy zing** in the final product, and the latter, a distant cousin of ginger, is a **fibrous, woody root** that has both a strong distinctive flavor and a long list of health benefits. Tom Kha Soup is **voted one of the most delicious and favorite dishes** among both foreigners and Thais. It is always in the top ten list of most delicious, famous, and popular foods in the world as well. Traditionally, it consists of a thick soup stock with herbs, lemongrass, galangal, kaffir lime leaf, coconut milk, a choice of meat and/or vegetables and sometimes noodles.

The surprise ingredient of the week: Coconut!

- ★ Coconuts are related to **olives, peaches, and plums**. Coconuts are **NOT NUTS!** They're actually **big seeds!**
- ★ Early Spanish explorers called it coco, which means “**monkey face**” because of the **three indentations (eyes) that resemble the head and face of a monkey**.
- ★ The coconut palm tree is sometimes referred to as the “**Tree of Life**” because it is **useful from top to bottom**. Except for the roots, every part of the coconut tree is harvested in the tropical areas where coconut palms are common.
- ★ Coconut is highly nutritious and rich in **fiber, vitamins, and minerals**. Coconut oil is especially healthy because the **medium chain fatty acids provide special health benefits**. Coconuts are also rich in **lauric acid**, which is known for being **antiviral, antibacterial, and antifungal**, and **boosts the immune system**. Fresh coconut juice has one of the highest sources of **electrolytes** known.
- ★ Coconuts can survive months of **floating in the ocean**. When it washes up on a beach, it can **germinate into a tree!**

Time for a laugh!

What is hairy, brown, and wears sunglasses? A coconut on vacation!

What kind of tree can you carry in your hand? A palm tree!

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