* 8 ounces soba noodles

SHOPPING LIST

* 1-1 inch piece ginger
* 1 clove garlic

Based on 4-6 tastings

* 4 scallions
* 2 tablespoons honey
* 2 tablespoons low-sodium soy sauce
* 2 teaspoons toasted sesame oil
* 2 heads bok choy (or other greens like kale, collards or spinach)
* 1 cup frozen shelled edamame, thawed.
* 1 large carrot, grated
* 3 tablespoons mixed black and white sesame seeds
* Cutting board

CHEF STATION EQUIPMENT

* Chef’s knife
* Saucepot
* Strainer
* Bowl
* Sauté pan

STUDENT EQUIPMENT

* Cutting board, 1 per student
* Lettuce knife, 1 per student
* 1 Spoon

Per station of 4-6 students

* 1 Grater
* 1 Peeler
* 1 Compost/trash bowl

PREPARATION

* Create *mise en place* by dividing and placing ingredients of the recipe in stations organized to accommodate 4-6 children each, making sure to set up the teacher’s station separately.
* Place necessary equipment at each station.
* Place a recipe at each station and/or write the recipe on the board. It is often helpful to laminate the recipe sheets being used at the student stations.
* In order to give the students an opportunity to use their measuring tools, you can either leave bulk ingredients in their original containers, or present in ramekins containing slightly more than will be necessary for the recipe.
* If you have limited equipment and/or utensils, then wash, dry, and re-use for another station.
* Greet the class; wash hands; put on aprons; break into groups around student cooking stations.

PROCEDURE

* Lead the group through the topics and questions in the class discussion.
* Begin preparing the recipe.
* Have each station bring mixing bowls of prepared ingredients to the chef station to be combined and cooked together by the chef instructor.
* Once the student preparation is completed, break the students into teams to: help complete recipe with chef instructor at chef station; clear cooking stations; wipe/clean cooking stations; and set out napkins and cups either at the cooking stations or dinner table.
* The chef instructor may have students guide him/her through the final steps of cooking the recipe. Students can participate if it is age appropriate and they are monitored.
* Students are seated at the set table or station and each student is given one tasting portion of the completed recipe.
* All students are served before commencing to eat—toast\* the meal, the teacher, and their fellow student cooks and then enjoy their fresh recipe.
* At the end of class students stand up by group; push in their chairs; take their napkins, plates and any utensils to either the trash receptacles or washing station; and line up at the door to return aprons and receive their take-home recipe.
* If more than one hour is available for class, then students should help clean.

*\*Teachers ask students: “What do we say before we eat?”*

*Students respond: “Bon Appetit!”*

* Is a coconut a fruit, nut or seed?

FUN FACTS

* Botanically speaking, a coconut is a fibrous one-seeded drupe, also known as a dry drupe. However, when using loose definitions, the coconut can be all three: a fruit, a nut, and a seed.

**

CULINARY TECHNIQUES

**Soba Noodles with Bok Choy**

Yield: 6-8 Tastings

Ingredients

Equipment

Knife

Cutting Board

Saucepot

Strainer

Saute Pan

Measuring Cups

Measuring Spoons

Bowl

8 oz. soba noodles

1-inch piece ginger, minced

1 clove garlic

4 scallions

2 tablespoons honey

2 tablespoons low-sodium soy sauce

2 tablespoons rice vinegar

2 teaspoons toasted sesame oil

1/3 cup extra-virgin olive oil

2 heads bok choy (or other greens like kale, collards or spinach)

1 cup frozen shelled edamame, thawed.

1 carrot, grated

2 tablespoons mixed black and white sesame seeds, toasted

Prepare the noodles

1. Bring a pot of salted water to a boil.
2. Gently drop the noodles into the water.
3. Cook until al dente (about 5 to 8 minutes).
4. Place a strainer over a bowl in the sink.
5. Drain the noodles into the strainer.
6. Put noodles back into pot.

For the sauce

1. Remove the peel from the ginger with a spoon and grate or finely mince.
2. Mince garlic clove
3. Combine honey, soy sauce, vinegar, ginger, scallions, and sesame oil in a large bowl.
4. Whisk together until mixed.
5. Slowly whisk in the extra-virgin olive oil.
6. Set aside.

Prepare dish

1. Cut bottoms off the bok choy and chop into small pieces.
2. Grate carrots.
3. In a large sauté pan, heat 2 T. of oil.
4. Add bok choy, carrots and edamame to pan and sauté for 5 minutes.
5. Add noodles to pan.
6. Pour sauce over noodles and using tongs, toss together.
7. Garnish noodles with sesame seeds and serve.
8. ENJOY!

\*Other options –

- add different (seasonal) vegetables to sauté mix.

- garnish with cilantro, chopped peanuts or a squeeze of lime.

- add red pepper flakes to sauce for a spicier version.

**Soba Noodles with Bok Choy**

Yield: 8 Servings

Ingredients

Equipment

Knife

Cutting Board

Saucepot

Strainer

Saute Pan

Measuring Cups

Measuring Spoons

Bowl

16 oz. soba noodles

2-inch piece ginger, minced

2 clove garlic

8 scallions

4 tablespoons honey

4 tablespoons low-sodium soy sauce

¼ cup rice vinegar

1 tablespoon toasted sesame oil

2/3 cup extra-virgin olive oil

4 heads bok choy (or other greens like kale, collards or spinach)

2 cup frozen shelled edamame, thawed.

2 carrot, grated

4 tablespoons mixed black and white sesame seeds, toasted

Prepare the noodles

1. Bring a pot of salted water to a boil.
2. Gently drop the noodles into the water.
3. Cook until al dente (about 5 to 8 minutes).
4. Place a strainer over a bowl in the sink.
5. Drain the noodles into the strainer.
6. Put noodles back into pot.

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