

KIDS COOKING LOCAL AT HOME: WEEK OF MARCH 29 – April 2, 2021



ITEMS IN THE KCL BAG

Provided by C&S Wholesale Grocers

- 1 bottle of roasted peanuts

Produce and other

- Rice “sticks” (vermicelli)
- Package of Spring Roll wrappers
- 1 Carrot
- 1 Cucumber
- 1 stalk of Green Onions
- Green Leaf Lettuce
- 1 bunch of Thai basil
- 1 bunch of Mint
- 1 bunch of Cilantro
- ½ cup Bean Sprouts
- 1 Lime

Needed from home

- White sugar
- Shoyu/fish sauce

Peanut Noodle and Vegetable Summer Rolls

Demonstration by Chef Jackie Lau of Sysco Hawaii

Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local-hawaii/>

NOTE: If this is your first time to access this site, you will need to **SIGN UP** to gain access.

Please fill out the post-cooking survey once you are done: <https://forms.gle/s7pkNgZgmVGks26e7>

PREPARATION:

Dried Rice Vermicelli Noodles (“Rice Sticks”) -1/3 of the package

Pour Hot water (not boiling) over noodles and allow to sit covered for 10 minutes until they get semi-soft. Drain (if water remains) and set aside.

VEGGIES NEXT: Wash and Dry all your vegetables before you begin.

1 **Carrot** - Cut into Thin Lengths

1 small **Cucumber** Cut into Thin Lengths

6 long Pieces of **Green Onion**

6 Large leaves **Green Leaf Lettuce**

18 Leaves of **Thai Basil**

18 Leaves of **Mint**

6 long stems of **Cilantro**

½ cup **Bean Sprouts**

6 pieces of **spring roll wrappers (rice paper)**

Dip (DON'T SOAK!) rice paper into warm water just so that the surface is wet. Shake off excess water and lay out on a clean surface.

Layer 1 leaf of Green Leaf lettuce on rice paper in middle, next a large pinch of noodles on lettuce. Now layer green onion, carrot, cucumber, bean sprouts, basil, mint, 1 stem cilantro, 6 leaves of mint, 6 leaves of Basil, 2 piece of carrot, 2 pieces of cucumber, small pinch of bean sprouts and 1 pieces of green onion.

Fold the side of rice paper closest to you over the vegetables so that paper touches paper. Next tightly roll.

Dipping Sauce

½ Cup Sugar

¼ Cup Water

¼ Cup Fish Sauce or Shoyu

½ Cup Peanuts Crushed

1 Lime

In a saucepan add sugar, water and fish sauce (or shoyu). Bring to a boil so that the sugar melts into the fish sauce. Allow to cool to room temperature. Crush peanuts and add to sauce before serving. Squeeze lime juice into sauce.