



Cantonese Stir-Fried "Moo Goo Gai Pan" Broken Noodles + Cool Calming Mint Tea Refreshers

By Dylan Sabuco

Prep Time 20 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 1 garlic clove

☐ 1 small ginger root

☐ 4 green onions

☐ 2 C mushrooms (your choice of type)

☐ 1 C snow peas

☐ 1 carrot

☐ PANTRY

☐ 1 C rice noodles (any variety)

☐ 1 T vegetable oil **

☐ 3/4 C vegetable stock OR 1 vegetable bouillon cube + 3/4 C water

☐ 1 tsp cornstarch

☐ 1/3 C granulated sugar, brown sugar, or honey

☐ 1 T soy sauce

☐ 1 1/2 tsp sesame oil

☐ 1/2 tsp salt

☐ 1/2 tsp ground black pepper

- ☐ 2 decaf mint tea bags
- ☐ HAVE ON HAND
- ☐ large resealable plastic bag
- ☐ 4 C water
- ☐ 4 C ice

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir-fry: to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- ☐ Wok or large sauté pan
- ☐ Medium mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Large resealable plastic bag

- ☐ Wooden spoon
- ☐ Pitcher
- ☐ Small bowl

Ingredients

Cantonese Stir-Fried "Moo Goo Gai Pan" Broken Noodles

- ☐ 1 garlic clove
- ☐ 4 green onions
- ☐ 1 C snow peas
- ☐ 2 C mushrooms (your choice of type)
- ☐ 1 grated carrot
- ☐ 1 tsp grated ginger
- ☐ 3/4 cup vegetable stock OR 1 vegetable bouillon cube + 3/4 C water) **
- ☐ 1 tsp cornstarch
- ☐ 1 1/2 tsp granulated sugar, brown sugar or honey
- ☐ 1 T soy sauce **(for GLUTEN/SOY ALLERGY sub coconut aminos)**
- ☐ 1 1/2 tsp sesame oil **(for SESAME ALLERGY sub 1 1/2 tsp olive oil + 1/8 tsp mild chili powder)**
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1 C rice noodles (any variety)
- ☐ 1 T vegetable oil **

Cool Calming Mint Tea Refreshers

- ☐ 4 C water
- ☐ 2 decaf mint tea bags
- ☐ 1/4 C granulated sugar, brown sugar, or honey
- ☐ 1 tsp grated ginger
- ☐ 4 C ice

Food Allergen Substitutions

Cantonese Stir-Fried "Moo Goo Gai Pan" Broken Noodles

Gluten/Soy: For vegetable stock or water + bouillon cubes, check labels for possible allergens, like gluten or soy—if necessary, use water only. Substitute coconut aminos for soy sauce.

Sesame: For 1 1/2 tsp sesame oil, substitute 1 1/2 tsp olive oil + 1/8 tsp mild chili powder.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Cool Calming Mint Tea Refreshers

Instructions

Cantonese Stir-Fried "Moo Goo Gai Pan" Broken Noodles

intro

"Nǐ hǎo" (Nee how) or "Hello" in Chinese! "Moo Goo Gai Pan" (Moo goo guy pan) is a Cantonese dish consisting of mushrooms and other vegetables simmered and stir-fried with a flavorful sauce. This version of the classic recipe will also have broken rice noodles. The noodles will cook along with the veggies and become soft. The noodles will also absorb loads of the yummy sauce—a dish sure to excite your taste buds!

chop + grate

Chop **1 garlic clove**, **4 green onions**, **1 cup snow peas**, and **2 cups mushrooms** into small pieces. Then, grate **1 carrot** and **1 teaspoon ginger**. Place all the chopped and grated veggies into a bowl and set aside.

measure + whisk

Then, in a liquid measuring cup, measure **3/4 cup vegetable stock** OR **1 vegetable bouillon cube** plus **3/4 cup water**, **1 teaspoon cornstarch**, **1 1/2 teaspoons granulated sugar**, **brown sugar**, or **honey**, **1 tablespoon soy sauce**, **1 1/2 teaspoons sesame oil**, **1/2 teaspoon salt**, and **1/2 teaspoon black pepper**. Whisk to combine and set aside.

crush

To a large, resealable bag, add **1 cup of rice noodles** (any variety) and crush them into tiny pieces.

edible education

Stir-frying began in China, possibly as early as 400-500 CE. It became more common during the late Ming Dynasty (1368–1644). Chinese cooks would place a "wok" (pronounced like "walk"), a deep frying pan with a wide bottom, over a flame in the hole of a simple stove to cook meat, fish, and vegetables. The flat bottom is the hottest spot on a wok, and the slopped sides are a bit cooler. This design would help the people in Ancient China cook their food without burning it on an unruly open flame.

stir fry + simmer

To stir-fry, you continually stir until the dish is finished. In a wok or large sauté pan, heat **1 tablespoon of vegetable oil** over medium-high heat. First, add the veggies and stir-fry for 3 to 5 minutes. Then, add the broken noodles and stir-fry for 2 minutes. Finally, add the contents of the liquid measuring cup. Reduce the heat and simmer the mixture for 5 to 8 minutes or until the sauce thickens. While you stir-fry, practice some Chinese counting: 1-10: 1 yī (eee), 2 èr (arr), 3 sān (sahn), 4 sì (ssuh), 5 wǔ (woo), 6 liù (lee-oh), 7 qī (tchee), 8 bā (bah), 9 jiǔ (j-oh), 10 shí (shir).

serve

Once the Cantonese Stir-Fried "Moo Goo Gai Pan" Broken Noodles is all soft and saucy, you can serve it. "Chī hǎo hē hǎo" (Chuh how huh how) or "Enjoy your meal" in Chinese!

Cool Calming Mint Tea Refreshers

measure + steep

Measure **4 cups of water** into a pitcher. Add **2 decaf mint tea bags** and let steep for 10 minutes or more. Steeping is when you allow tea or other flavorful ingredients to soak in liquid and transfer their flavor to the liquid. Steeping tea can be a quick process when you use boiling water.

grate + measure

Grate **1 teaspoon of ginger** into a small bowl. Measure **1/4 cup of granulated sugar, brown sugar or honey** into the same bowl. Stir until all the ginger is mixed into the sugar. Remove the tea bags from the pitcher and discard them. Then add the sugar and ginger mixture. Stir the tea until the sugar is dissolved. Add **ice** to the cups, pour in the tea, and enjoy! Cheers!

Featured Ingredient: Mushrooms!

Hi! I'm Toady! I'm a Mushroom!

"I'm also a fun guy! Get it? Fun guy—fungi? I'm good in salads, sandwiches, soups, stews, on pizza, with pasta, and stuffed with other yummy foods. Plus, you can cook and use me in recipes just like you would meat!"

History

The first mushrooms were thought to be cultivated in Southeast Asia, but it is not known why for sure.

Perhaps someone discovered that mushrooms grew by accident and sought out a growing method.

All mushrooms are fungi, but not all fungi are mushrooms! There are an estimated 1.5 to 2 million species of fungi on planet Earth, of which only 80,000 have been properly identified. There are over 250 kinds of mushrooms that people eat.

Mushrooms are a kind of fungus that look like umbrellas! They grow in places like yards, forests, fields, and

gardens.

What is a fungus? It's a kind of living organism that is different from plants. In fact, mushrooms are more like humans than plants!

Fungi walls are made of a fibrous substance called "chitin," rather than cellulose, like plants. Also, plants produce their own energy from the sun from photosynthesis, but mushrooms and other fungi don't need the sun for energy!

Many fungi eat by breaking down dead plants. However, other fungi feast on dead animals, bird droppings, manure, wallpaper paste, fruit, and living animals. So fungi are like nature's cleanup crew!

The yeast that makes bread rise is a type of fungi.

Mushrooms are sometimes called Toadstools! Can you picture a toad sitting on top of a giant mushroom?

Some mushrooms are good to eat, like portobellos, crimini, and shiitakes, while others are extremely poisonous. Never eat a mushroom you find growing outside unless you are with a mushroom expert!

The Honey Mushroom in the Blue Mountains of Oregon is the world's largest living thing. It is actually a mushroom colony and is believed to be at least 2,000 years old! It covers almost four square miles!

Some mushrooms live entirely underwater.

In the Amazon rainforest, mushrooms release spores into the air, which creates the surface for water to condense and can trigger rain. The rain then causes more fungi to grow.

Before the invention of colorful synthetic dyes, people used mushrooms for dyeing wool and other natural fibers.

Greek warriors ate mushrooms to increase their strength before battle.

Mushrooms are one of the vegetable world's substitutes for meat.

Anatomy & Etymology

The largest mushroom you'll find in most grocery stores is the portobello. It is the fully grown version of the *Agaricus Bisporus* species and has a large, brown cap. Smaller, immature mushrooms may be brown, like the cremini, or white, like the button.

Mushrooms contain more than 90 percent water!

Some mushrooms glow in the dark! They produce light through a process called bioluminescence. People used to carry these in ancient times to light their way through the forest.

Mushrooms can grow super fast. Once they break through the surface of whatever they're growing on, they can double their size in just one day.

The word "mushroom" comes from late Middle English for any fungus with a fleshy and fruiting body. It is derived from the Old French "mousseron," from the late Latin "mussirio."

How to Pick, Buy, & Eat

Wild mushrooms can be found in many wooded areas. If you choose to harvest wild mushrooms, make certain you have a professional identify your pick. Many mushrooms may resemble safe mushrooms but

are actually poisonous!

Buy mushrooms with whole, intact caps, and be sure they are not wet or slimy!

They will smell strong, sweet, and earthy when fresh.

Rinse mushrooms before you slice or cut them. Whole mushrooms won't absorb much water, while cut mushrooms will. Wait to rinse mushrooms until right before you cook them; otherwise, they'll turn slimy. Mushrooms can be broiled, sautéed, and grilled. Mushrooms can be chopped or sliced and added to other dishes. Portobello caps are large enough to eat like a hamburger on a bun!

The mushroom cap is most often the part that is cooked and eaten. The stem can be fibrous and woody but will add flavor to vegetable or meat stock.

Mushrooms pair well with balsamic vinegar, fresh herbs (like oregano, rosemary, thyme, and cilantro), marinara, spinach, leafy greens, tomatoes, goat cheese, mozzarella, cream-based sauces, garlic, and onions.

Store mushrooms in a partially closed resealable plastic bag to ensure air circulation without drying out the mushrooms.

Nutrition

Mushrooms are low in calories and are an excellent source of B vitamins. These vitamins are needed for healthy cell and brain function, and they help prevent cancer and stress.

Even though mushrooms don't use the sun for energy, they use it to produce vitamin D, just like humans do! Vitamin D is essential to our bones! It keeps them strong and regenerating.

Mushrooms have essential minerals such as selenium, copper, phosphorus, zinc, and potassium. Copper helps the body build red blood cells and is necessary for the health of our bones. Selenium is an antioxidant that may decrease cancer risk.

Mushrooms have been used successfully in traditional Chinese medicine for thousands of years to treat many health conditions. Western medicine is finally beginning to recognize and utilize some of the medicine mushrooms naturally contain.