



Crispy Korean Kid-Made Veggie Pancakes + Sweet-Sour Soy Sauce + Iced Apple Ginger Punch

By Erin Fletter

Prep Time 35 / **Cook Time** 2 / **Serves** 4 - 6

Shopping List

- FRESH
- 2 green onions/scallions, sliced thinly
- 1 two-inch piece fresh ginger
- CREATIVE PANCAKE ADD-INS (bring 3 to 5 options for kids to choose from!):
- carrot
- zucchini
- bell pepper
- cabbage
- extra green onions/scallions
- radishes
- FROZEN
- frozen corn (optional creative add-in)
- frozen peas (optional creative add-in)
- frozen hash browns (optional creative add-in)
- DAIRY AND EGGS
- 1 egg **** (see allergy subs below) ****
- 2 T butter **** (see allergy subs below) ****

- PANTRY
- 1 1/2 C all-purpose flour **** (see allergy subs below)****
- 3 T cornstarch
- 1/2 tsp garlic powder (or 2 garlic cloves)
- 3 C apple juice
- 1 tsp cinnamon (or 1 cinnamon stick)
- 3/4 tsp salt
- 2 T soy sauce **** (see allergy subs below)****
- 2 tsp vinegar
- 2 tsp sesame oil **** (see allergy subs below)****
- 1/4 C + 1 tsp sugar or honey
- HAVE ON HAND
- 2 1/4 C of ice
- 1 1/4 C water

Fun-Da-Mentals Kitchen Skills

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

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

mix: to thoroughly combine two or more ingredients until uniform in texture.

slice: to cut into thin pieces using a sawing motion with your knife.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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

slice: to cut into thin pieces using a sawing motion with your knife.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

peel: to remove the skin or rind from something using your hands or a metal tool.

pour: to cause liquid, granules, or powder to stream from one container into another.

slice: to cut into thin pieces using a sawing motion with your knife.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Metal spoon (for peeling ginger)
- Liquid measuring cup
- Measuring spoons
- Sieve
- Small bowl
- Whisk
- Large skillet
- Large mixing bowl
- Small mixing bowl
- Small bowls
- Dry measuring cups
- Ladle
- Pancake turner or heat-resistant spatula

Ingredients

Crispy Korean Kid-Made Veggie Pancakes

- 1 1/2 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free flour)****
- 3 T cornstarch
- 1/2 tsp garlic powder (or 2 garlic cloves, minced)
- 3/4 tsp salt
- 1 egg **** (for EGG ALLERGY sub 1 T ground flaxseed + 3 T warm water—more info below)****

- 1 green onion/scallion, sliced thinly
- 1/4 C of ice
- 1 1/4 water
- 2 T butter, for frying pancakes ****(for DAIRY ALLERGY sub olive oil or vegetable oil)****
- CREATIVE PANCAKE ADD-IN OPTIONS - choose at least 4:
 - carrot
 - zucchini
 - bell pepper
 - cabbage
 - extra green onions/scallions
 - radish
 - frozen corn
 - frozen peas
 - frozen hash browns

Umami Sweet-Sour Soy Sauce

- 1 green onion/scallion
- 2 T soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- 1 T water
- 2 tsp vinegar
- 2 tsp sesame oil ****(for SESAME ALLERGY sub olive or vegetable oil)****
- 1 tsp sugar or honey

Iced Apple Ginger Cinnamon Punch

- 1 two-inch piece ginger
- 3 C apple juice
- 1/4 C sugar or honey
- 1 tsp cinnamon (or 1 stick cinnamon)
- 2 C ice

Food Allergen Substitutions

Crispy Korean Kid-Made Veggie Pancakes

Gluten/Wheat: Substitute gluten-free flour for all-purpose flour in Pancakes.

Egg: For 1 egg, substitute 1 T ground flaxseed + 3 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Dairy: Substitute olive oil or vegetable oil for butter to fry Pancakes.

Umami Sweet-Sour Soy Sauce

Gluten/Wheat: Substitute coconut aminos for soy sauce in Soy Sauce.

Soy: Substitute coconut aminos for soy sauce in Soy Sauce.

Sesame: Substitute olive or vegetable oil for sesame oil in Soy Sauce.

Iced Apple Ginger Cinnamon Punch

Instructions

Crispy Korean Kid-Made Veggie Pancakes

measure + whisk

Measure **1 1/2 cup flour**, **3 tablespoons cornstarch**, **1/2 teaspoon garlic powder**, and **3/4 teaspoon salt** into a large mixing bowl! Whisk to combine all the ingredients.

add + stir

In a separate bowl, add **1/4 cup ice** and **1 1/4 cups water** and stir until the ice melts.

crack + whisk + count

Crack **1 egg** into a small bowl and whisk it. Add the whisked egg and the icy cold water to the flour mixture and stir until the batter is well mixed and all bits of flour disappear! Set aside. Count to 10 in Korean while your whisking: 1 hana (Ha-na), 2 dul (dhool), 3 set (set), 4 Net (net), 5 dasot (Da-sut), 6 yasot (Yo-sut), 7 ilgup (Eel-gope), 8 yodol (Yo-dull), 9 ahop (Ah-hope), 10 yeol (yull).

slice + chop + grate

Slice **3 green onions** into thin slices (as thin as possible). Depending on which add-ins kids selected, have them grate carrots, zucchini, or cabbage, and chop bell peppers or radishes into small bits. Add the green onions and other veggies to the batter.

melt + fry + flip

Melt **2 T butter** in a large skillet over medium heat. (Adults may need to help with this.) Ladle about 3 tablespoons worth of batter per pancake into your skillet. Flip when golden brown on one side, about 1 minute. Cook the other side until golden brown. Continue until you've cooked all your batter, adding more butter between batches as needed. Serve with Umami Sweet-Sour Dipping Sauce and ENJOY!

Umami Sweet-Sour Soy Sauce

slice + measure + whisk

Slice **1 green onion** into thin pieces. Measure and whisk together **2 tablespoons soy sauce, 1 tablespoon water, 2 teaspoons vinegar, 2 teaspoons toasted sesame oil,** and **1 teaspoon sugar** in a small bowl. Stir in the sliced green onion. Serve as a dipping sauce with Crispy Korean Kid-Made Veggie Pancakes (see recipe)!

Iced Apple Ginger Cinnamon Punch

measure + peel + slice

Measure and add **3 cups of apple juice** to a blender. Peel ****1 two-inch piece of ginger**** using a metal spoon. Slice ginger into thin pieces. Add ginger slices, **1/4 cup sugar,** and **1 teaspoon cinnamon** to the blender.

blend + strain + pour

Blend on high until ginger is pulverized, then strain through a sieve to catch any remaining pieces. Pour into small cups over ice and say "Geonbae" (kun-pay)! (Cheers in Korean!)

Featured Ingredient: Onions!

Hi! I'm Onion!

"Did you know that onions are vegetables? My close relatives are chive, garlic, and leek, and I'm a distant cousin of the amaryllis and daffodil. I'm actually the edible bulb of the onion plant!

History & Etymology

The onion is thought to be native to Asia, but there are also ancient remnants from Iran, India, and Egypt. The Egyptians even worshiped onions! They believed their circular shape and layers symbolized eternal life, and often onions were placed in ancient tombs to bring prosperity to mummies in the afterlife.

Ancient Greek and Roman athletes used to eat onions to get strong, and they even rubbed onions on their bodies before competing in events like the Olympics.

In medieval times, people used onions as a form of currency! Imagine paying bills with a bag of onions!

Native Americans in Eastern Canada and the Eastern United States ate a species of wild onion, also called ramps or wild leek.

China is the largest producer of onions. In the US, California grows the most onions.

Some people around the world say, possibly as early as 3,000 years ago in China, that onions can predict the weather.

There is even a saying about onions and the weather that goes like this: "Onion's skin very thin, mild winter coming in; onion's skin thick and tough, coming winter cold and rough."

The word "onion" comes from Middle English from the Old French "oignon," based on the Latin "unionem," literally "union," indicating the unity of the layers of the onion.

Anatomy

Onions are part of the "Allium cepa" genus. "Cepa" is Latin for "onion." The common onion plant grows from 6 to 18 inches tall.

They have hollow green leaves that grow upward and fan out of a covered stem from the top of the bulb. Roots extend out of the basal plate at the bottom of the bulb into the soil.

The onion bulb is described as having a "globe" shape. It is made up of fleshy leaves that grow around the flower bud in the middle. These fleshy leaves are covered by scaly leaves, the onion's "skin," that dry out and become papery when it is time for the onion to be harvested.

How to Pick, Buy, & Eat

There are lots of onion varieties! Green onions (also called scallions or spring onions) are mild in flavor, and both the bulbs and top leaves can be eaten. They are often found in salads and stir-fry dishes. They have a small, not fully developed white bulb end with long green stalks. The white shaft of the plant extends from the roots to the leaves.

Yellow onions can be pungent or sweet. The Spanish onion is a common pungent variety typically found in grocery stores. The Vidalia is a sweet onion from the state of Georgia, and the Walla Walla is a sweet onion from the state of Washington.

White onions have a sharp flavor and are often used in Mexican cooking. Red onions are sweeter than yellow and white onions and are used raw in salads and on burgers.

The shallot is a smaller variety with a milder pungent flavor often used in sautéed dishes, sauces, and stocks. Pearl onions are tiny bulbs that are mild in flavor and great for pickling.

Store whole raw onions in a cool, dark location. Cut onions will keep in the refrigerator for about a week. Store them in an airtight container that will not absorb their smell (i.e., glass rather than plastic).

Onions can cause eye irritation and tears when you cut into them. This is because a chemical compound called syn-propanethial-S-oxide is released into the air when you slice an onion, and tears are produced to wash it away.

Chilling onions in the refrigerator or a bowl of ice water before cutting them can decrease the amount of irritation. Other suggestions include using a sharp knife, holding a piece of bread in your mouth while you slice, or wearing goggles.

Nutrition

Onions have a high water content, about 89 percent, and are low in calories. They contain low amounts of protein, fiber, and essential nutrients.