



Very Vietnamese Veggie "Bánh Mì" Sandwiches

By Erin Fletter

Prep Time 15 / **Cook Time** 7 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

Equipment

- Skillet or saucepan
- Nonstick skillet
- Medium bowl
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Wooden spoon
- Grater
- Clean kitchen towel or paper towels

Ingredients

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- Pickles:
- 1/2 inch fresh ginger root
- 1 garlic clove
- 1/2 C water

- 1/4 C granulated sugar or honey
- 1/4 C white or rice wine vinegar
- 1/2 T salt
- 2 carrots
- 1/2 small cucumber
- 4 to 6 radishes (or 2 to 4 inches Daikon radish)
- Sandwiches:
- 2 fresh French baguettes ******(for CELIAC/GLUTEN ALLERGY sub gluten-free/nut-free bread OR allergic kids can wrap their bánh mì fillings in lettuce leaves or soaked rice papers)******
- 1 to 2 T mayonnaise, or to taste ******(for EGG ALLERGY sub 1 to 2 T egg-free vegan mayonnaise)******
- 1/2 block firm tofu ******(for SOY ALLERGY sub 2 eggs unless egg allergy present)******
- 2 T vegetable oil ******
- 1 small handful fresh cilantro, parsley, or mint leaves
- soy sauce to taste ******(for CELIAC/GLUTEN/SOY ALLERGY sub coconut aminos)******
- 1 lime, optional

Food Allergen Substitutions

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Celiac/Gluten/Wheat: For 2 fresh French baguettes, substitute gluten-free/nut-free bread OR allergic kids can wrap their bánh mì fillings in lettuce leaves or soaked rice papers.

Egg: For 1 to 2 T mayonnaise, substitute 1 to 2 T egg-free vegan mayonnaise.

Soy: For 1/2 block of tofu, substitute 2 eggs unless egg allergy is present. Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Celiac/Gluten/Soy: For soy sauce, substitute coconut aminos.

Instructions

Very Vietnamese Veggie "Bánh Mì" Sandwiches

peel + measure + combine

First, we'll make the pickles! Have your kids carefully peel **1/2 inch ginger root** and **1 garlic clove**. In a cold skillet or saucepan on the stovetop, combine **1/2 cup water**, **1/4 cup sugar or honey**, **1/4 cup**

white or rice vinegar, **1/2 teaspoon salt**, and the whole peeled ginger and garlic.

whisk + dissolve

Whisk the marinade until the sugar or honey has dissolved, about 1 minute. Set aside.

grate + squeeze + count

Have your kids carefully grate **2 carrots**, **1/2 cucumber**, and **4 to 6 radishes**. Place the vegetables in a clean towel (or paper towels) and squeeze out the extra liquid. Place grated vegetables in a bowl. Practice counting to 10 in Vietnamese while kids take turns grating: 1 một (moh), 2 hai (hye), 3 ba (baah), 4 bốn (bohn), 5 năm (nahm), 6 sáu (sow), 7 bảy (bye), 8 tám (taam), 9 chín (chin), 10 mười (moo-ee).

pour + marinate

Pour the cooled marinade over the grated vegetables and set aside to marinate for 10 to 40 minutes.

scrumptious science

A marinade is a liquid or sauce made to soak foods in to absorb flavor. Marinades usually include an acid like vinegar, lemon juice, or lime juice to help soften the food you are soaking. This process is called "marination" or "to marinate."

crumble + sauté

Have your kids crumble **1/2 block of tofu** into the nonstick skillet. Then, adults heat some vegetable oil and sauté the crumbled tofu over medium-high heat until it is a little brown. Season with a few dashes of soy sauce to taste and remove from the heat.

slice + drain

Slice **2 baguettes** in half the long way and have your kids pull some of the center of the bread out of the baguette halves, leaving a little cavity for the filling. Rinse and drain (or squeeze) the marinade from the pickled vegetables. Slice **1 lime** in half if using.

assemble + cut

To assemble the "bánh mì," have your kids spread each half of the baguette with **1 to 2 tablespoons of mayonnaise** (or to taste) and fill the cavity of the bottom half of the bread with the **sautéed tofu**, the **pickled vegetables**, some **torn cilantro leaves**, and a **squeeze of lime juice**. Top with the other half of the baguette. Cut the sandwiches into equal parts and eat! "Rất ngon" (Zet nohn) or "Very tasty" in Vietnamese!

Featured Ingredient: Radish!

Hi! I'm Radish!

"You may have seen me sliced in a salad, with my red exterior and white interior. Did you know that I'm the

root of a plant?! I come in a variety of sizes, shapes, and colors, have a distinctive, slightly peppery taste, and add a fresh crunch to your salad."

History & Etymology

The radish (*Raphanus sativus*) is an edible root vegetable grown in Asia for over 2,000 years. The ancient Romans and Greeks cultivated radishes in the first century CE.

Although radishes are present throughout the world and have been around for a very long time, there is no solid archaeological evidence of their origin. However, wild forms of the plants have been found in Southeast Asia, so scientists think they may have been domesticated there. Secondary forms have been found in Central Asia, China, and India.

Radishes were among the first vegetable crops introduced to the Americas from Europe.

In Oaxaca, Mexico, the annual Noche de Rabanos (Night of the Radishes) festival takes place on December 23. Sculptors carve scenes of Oaxacan life, biblical stories, and mythical creatures out of giant radishes.

According to Guinness World Records, a health product company in Japan grew the world's heaviest radish. The radish was a cross between a Sakurajima radish (the largest) and a Taibyō-Sobutori radish and weighed about the same as a baby hippo at 101 pounds! The company produces a fermented food product made for growing plants. They must have used it on this radish!

The word "radish" comes from the Middle English "radich," from the Old English "rædic," from the Latin "radix, radic-" or "root."

Anatomy

Radishes are members of the flowering plant family Brassicaceae. Their cousins include broccoli, cabbage, cauliflower, horseradish, mustard, and turnip.

The radish is the edible taproot of the plant, which swells to a round, globe shape or an oblong, tapered shape. The roots can be white, pink, red, purple, yellow, green, and black; their crisp flesh is usually white.

Radishes' strong, slightly spicy, and pungent flavor is caused by various chemical compounds, including allyl isothiocyanates (mustard oil), also present in mustard, horseradish, and wasabi. They make good companion plants in gardens because they help keep away pests.

How to Pick, Buy, & Eat

Radishes are harvested before they flower. Spring varieties are generally milder than summer and winter types.

The Daikon (Japanese for "big root") is a large white winter radish from Asia with a milder flavor than the small red radish. The average Daikon weighs one to two pounds but can grow much larger. They are often

pickled or served with sashimi (sliced raw fish).

Pickled radish, or "chikin-mu" (chicken radish) in Korean, is served with Korean fried chicken. The radishes are pickled with vinegar, water, and salt.

Pickled yellow radish is served with a couple of South Korean dishes: "jajangmyeon," a black noodle dish, and "gimbap," bite-sized rolls of seaweed filled with cooked rice, fish, meat, and vegetables.

Because radishes add a fresh, peppery flavor and crunch, they are most often found in salads. You can also add them to sandwiches and burgers.

Nutrition

Radishes are a low-fat, low-calorie addition to your diet. They contain antioxidants and have a moderate amount of vitamin C and smaller amounts of other vitamins and minerals.