



## **Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad+Frizzled Fried Shallots+Sweet Iced Tea**

By Dylan Sabuco

**Prep Time 17 / Cook Time 20 / Serves 4 - 6**

### **Shopping List**

FRESH

1/2 head of green cabbage OR 2 C pre-shredded cabbage

1 medium carrot

1 C radishes

1 lime

2 T mint leaves OR 2 T cilantro leaves

2 medium shallots

PANTRY

1 C flat rice noodles (1 C is roughly half of an 8-oz pkg)

2 tsp soy sauce **\*\*(see allergy subs below)\*\***

2 1/2 tsp salt

2/3 C vegetable oil **\*\***

1 14-oz can sweetened condensed milk **\*\*(see allergy subs below)\*\***

3 decaf green tea bags

HAVE ON HAND

2 C ice

7 C water

## Fun-Da-Mentals Kitchen Skills

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

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

**shred:** to reduce food into small shreds or strips (similar to grate).

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

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

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

**fry:** to cook in a pan in a small amount of fat.

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

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

**simmer:** to cook a food gently, usually in a liquid, until softened.

## Equipment

- Large pot
- Liquid measuring cup
- Measuring spoons
- Wooden spoon
- Colander or strainer
- Large mixing bowl
- Cutting board + kid-safe knife
- Grater
- Citrus juicer (optional)
- Sauté or frying pan
- Pitcher
- Can opener

## Ingredients

### Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad

- 1/2 head of green cabbage OR 2 C pre-shredded cabbage
- 1 medium carrot
- 1 C radishes
- 1 C flat rice noodles (1 C is roughly half of an 8-oz pkg)
- 1 lime
- 2 tsp soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- 2 tsp salt
- 1/3 C vegetable oil **\*\***
- 3 C water
- 2 T mint leaves OR 2 T cilantro leaves

### Frizzled Fried Shallots

- 2 medium shallots
- 1/2 tsp salt
- 1/3 C vegetable oil **\*\***

### Vietnamese Sweet Iced Tea

- 1 14-oz can sweetened condensed milk **\*\*(for DAIRY ALLERGY sub 1 C dairy-free/nut-free yogurt + 1/3 C sugar)\*\***
- 3 decaf green tea bags
- 2 C ice
- 4 C water

## Food Allergen Substitutions

### Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad

**Gluten/Wheat:** Substitute coconut aminos for soy sauce.

**Soy:** Substitute coconut aminos for soy sauce. Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

## Frizzled Fried Shallots

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

## Vietnamese Sweet Iced Tea

**Dairy:** For 1 14-oz can of sweetened condensed milk, substitute 1 C dairy-free/nut-free yogurt + 1/3 C sugar.

## Instructions

### Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad

#### intro

Xin chào! (Sin jow) or "Hello!" in Vietnamese. Goi Gà (Goy Gah) is a Vietnamese salad traditionally made by combining noodles, chicken, cabbage, and carrots. "Goi gà" literally means "chicken salad," after all. This vibrant concoction is perfect as a side dish or a main course. Our Sticky Fingers Cooking® version will replace the chicken with crispy fried and tender radishes. The best part about this dish is that the longer you allow all the ingredients to mingle, the more flavorful the dish becomes.

#### boil + stir

In a large pot, bring **3 cups water** and **1 teaspoon salt** to a boil and then add **1 cup flat rice noodles**. Stir the noodles a few times to prevent them from sticking together. Cook them for 5 minutes. Drain into a colander and reserve for later.

#### grate + chop

Grate or slice **1/2 head of green cabbage** (or if using pre-shredded cabbage, measure **2 cups shredded cabbage**) and **1 medium carrot** into a large mixing bowl. Then, chop **1 cup of radishes** into quarters and set them aside to cook.

#### sauté + toss

In the same pot that you cooked the noodles, measure and add **1/3 cup of vegetable oil** and turn the heat to medium high. Pour in the radishes and cook until golden brown, about 5 minutes. If you are making the Frizzled Fried Shallots (see recipe), you can cook the shallots at the same time as the radishes. Remove the radishes (and shallots, if making) from the pot and add the radishes to the cabbage and carrots. Make sure to add all the oil from cooking as well. This will help create a dressing.

#### juice + measure + mix

Cut **1 lime** in half and squeeze the juice over the mixture of veggies in the bowl. Measure **2 teaspoons soy sauce** and **1 teaspoon salt** and add those to the bowl. Now for the noodles! Pour the noodles into the bowl and toss everything together with a wooden spoon.

#### tear + serve

Tear about **2 tablespoons of mint or cilantro leaves** and sprinkle them over the Goi Gà! All the vibrant colors and flavors will surely make you and your kids say "ooh la la la!" Say "Thưởng thức" (Toong took) before you dig in! This means "Enjoy" in Vietnamese.

### Frizzled Fried Shallots

#### recipe note

If you are also making the Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad (see recipe) and want to save a little time, follow the instructions below, but cook the shallots alongside the radishes from the Cabbage Salad.

#### slice + measure + fry

Start by peeling, then slicing **2 shallots** into thick rounds. Then, measure **1/3 cup vegetable oil** and add to a sauté pan over medium high heat. Add the shallots and cook for 5 minutes, stirring frequently. Once golden brown and soft, add to your **Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad** or another dish.

### Vietnamese Sweet Iced Tea

#### measure + simmer

Bring **4 cups of water** to a simmer over high heat in a large pot. Then, pour the water over **3 decaf green tea bags** in a large pitcher. Allow this to sit for 10 minutes to steep.

#### pour + stir

Remove the tea bags and discard. Pour in **1 can of sweetened condensed milk**. Stir until the condensed milk is fully incorporated. This sweet tea is inspired by Thai iced tea, which uses similar ingredients, but today we are using green tea instead of the traditional black tea. Green tea is very common in Vietnam, even more common than black tea.

#### serve

Pour ice into cups, then pour the Vietnamese sweet tea into all the cups! "Cheers!" or in Vietnamese, "Chúc mừng!"

## 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.