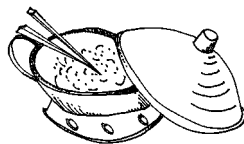




Cooking with Kids

Grades 2-3

Chinese American Fried Rice with Sweet & Sour Cucumbers



Arroz frito al estilo chino-americano con pepinos agridulces

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Original artwork by Stephanie Morris and Monica Welsh

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Grades 2-3: Chinese American Fried Rice Lesson Plan

Introduction and Discussion (20 minutes)

1. Introduce yourself, volunteers, and the cooking project: Chinese American Fried Rice. Write the Chinese character for rice on the board: The Chinese word for rice is pronounced *Ta Mee*. Ask the classroom teacher to make name tags for the students.



2. Today we are using some of the foods that are often used in Chinese cooking. Hold up the fresh ginger root, soy sauce, and green onion. Ask students to identify them. Ask for names in English and Spanish, if appropriate. Hold up the stalks of rice. Tell the class that grains come from grass plants. Rice is the seed of the plant. Can you name some other kinds of grains?
3. Use the map in the student food journal to locate China and some of the countries that border China.
4. Direct students to take turns reading the food information page in the student food journal. Use the questions on the page for discussion.

Cooking (60 minutes)

5. Before you cook:
 - Make sure everyone has washed his/her hands.
 - Divide the class into three groups.
 - Review the classroom recipes to show what each group will do. One group will make rice and vegetables, one group will make vegetables, and one group will make an egg pancake and sweet and sour cucumbers. Note the cooking vocabulary words on each recipe.
 - Remind adults to allow and encourage students to do as much as possible.
 - Demonstrate knife techniques and safety.
 - Review food journal activities for use during the time when the food is cooking.

Eating Together and Evaluation (20 minutes)

6. Play the music while several students help serve and pass out plates. Remind the class to wait politely to be

Learning Objectives

- Explore healthy foods through hands-on activities.
- Practice food preparation skills.
- Practice literacy skills.
- Practice cooperative group skills.

Enrichment Activities

- Ask a student from each group to stand and tell the class what their group made.
- Discuss vocabulary words and write definitions.
- Create a *Cooking with Kids* word wall for vocabulary words.
- Create a map project or timeline that illustrates food origins and history.

served before eating. Showing good manners is a way of being respectful to each other.

7. **Before eating:** Thank everyone for their help, especially volunteers! Say: “*Ho hake,*” which means “Good eating” in the Chinese language. Ask everyone to repeat it and say it to his or her neighbor. Play the music while eating. Tasting and eating are always voluntary. The best way to encourage a child to eat is to allow choice.
8. As the students finish eating, ask evaluation questions.

Wash Dishes and Clean Up (20 minutes)

9. Encourage students to take responsibility for cleaning up. Ask students to help wash the tables, dispose of trash, and clean up the floor. If your school makes compost, take the scraps to the compost area.

Music Recommendations

- *Chinese Folk Music—Pipe Solo.*
- *Eleven Centuries of Chinese Classical Music 600-1500.*

Children’s Books

- Cheng, Andrea. *Grandfather Counts.* Lee & Low Publishers, 2003.
- Denny, Roz. *A Taste of China.* Thompson Learning, 1994.
- Dooley, Norah. *Everybody Cooks Rice.* Carolrhoda, 1996.
- Jiang, Ji-li. *Red Scarf Girl: A Memoir of the Cultural Revolution.* Harper Trophy, 1998.
- Kalman, Bobbie. *China (Lands, Peoples, and Cultures Series).* Crabtree Publishers, 2000.
- Louis, Catherine. *Liu and the Bird, A Journey in Chinese Calligraphy.* North-South Books, 2003.
- Yep, Laurance. *The Butterfly Boy.* Farrar Straus Giroux, 1993.

Shopping List

1½ cups Jasmine or long grain white rice
 Salt
 2 garlic cloves
 1½-inch piece fresh ginger root
 2 carrots
 1 zucchini
 ¼ head green cabbage
 2 green onions
 1½ cups frozen peas
 ¼ cup soy sauce
 Vegetable oil
 2 eggs
 2 cucumbers
 Rice vinegar
 2 teaspoons sugar
 Fortune cookies, optional
 Chopsticks, optional
 Samples of different varieties of rice

Equipment List

Equipment for the Whole Class

Knives
Hot plate
Electric skillet
Metal spatula or tongs
Potholders
Plates
Bowls
CD player
Dish soap/sponges
Hand soap
3 dish tubs/dish drainer
Paper napkins/plastic forks
Paper plates, optional
Surface cleaner
4-6 clean, dry towels

Equipment for Each Group

Rice

Dry & liquid measuring cups/spoons
Cutting boards
Rubber spatula
Stainless mixing bowls
Medium saucepan and lid
Small bowls for vegetables
Vegetable peeler
Grator

Vegetables for Fried Rice

Dry & liquid measuring cups/spoons
Metal and wooden mixing spoons
Stainless mixing bowls
Cutting boards
Small bowls for vegetables
Colander

Egg Pancake and Sweet & Sour Cucumbers

Dry & liquid measuring cups/spoons
Cutting boards
Stainless mixing bowls
Large skillet and lid
Metal or wooden mixing spoon
Ruler
Vegetable peeler
Whisk
Metal spatula

Chopstick Math

► Read the word problems and answer the questions.

Kayla had two chopsticks.

Wyatt had two chopsticks.

Emily had two chopsticks.

How many chopsticks did they have altogether? 6

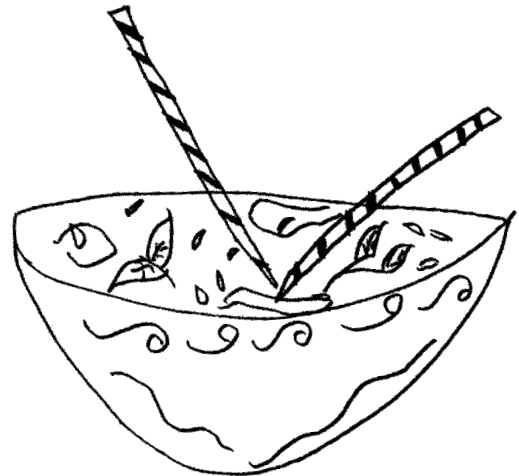
Ms. Baca had seven students in her group. Each student had a pair of chopsticks. How many chopsticks did her group have? 14

At the end of her class, Ms. Brown collected 32 chopsticks. Then she dropped 11 chopsticks in the trashcan. How many did she have left? 21

There were six students in your group. There were two adults in your group. If each person had two chopsticks, how many chopsticks are there in your group? 16

Bonus Question

Everyone in Mr. Martinez's class used two chopsticks to eat their Chinese-American fried rice. There were 10 boys in the class. There were 7 girls in the class. There were 3 adults in the class. Ms. Garcia collected all the chopsticks at the end of the class. How many chopsticks did Ms. Garcia have?



10 boys x 2 chopstick each = 20 chopsticks

7 girls x 2 chopstick each = 14 chopsticks

3 adults x 2 chopstick each = 6 chopsticks

Ms. Garcia should have a total of 40 chopsticks

Receta para la clase 1

Arroz

Ingredientes

- 3 tazas de agua
- 1½ tazas de arroz *Jasmine* o arroz blanco de grano largo
- ¾ cucharadita (tsp) de sal

Verduras para el arroz frito

Ingredientes

- 2 dientes de ajo
- 1 pedazo de 1½ pulgadas de raíz de jengibre fresco
- 2 zanahorias

Instrucciones

1. **Hacer el arroz:** En una cacerola, ponga el agua a hervir a fuego alto.
2. Agregue el arroz y la sal y vuelva a hervirlos. Reduzca el fuego a fuego bajo, cubra el arroz y cocínelo unos 20 minutos, hasta que se absorba todo el líquido. **No revuelva el arroz mientras se cocina y, una vez cocido, déjelo reposar por lo menos 5 minutos.**
3. **Preparar las verduras para el arroz frito:** Pele y pique el ajo. Déjelo a un lado. Pele, rebane y pique la raíz de jengibre hasta llenar 2 cucharaditas. Ponga el ajo y el jengibre a un lado.
4. Lave y pele las zanahorias. Ralle las zanahorias usando el lado con los agujeros más grandes del rallador. Ponga las zanahorias ralladas en un plato y déjelas a un lado.

Vocabulario de cocina

cerillas: en la cocina, las verduras que se cortan en piezas delgadas del tamaño de una cerilla de madera.

Classroom Recipe 1

Rice

Ingredients

3 cups water
1½ cups Jasmine or long grain white rice
¾ teaspoon (tsp) salt

Directions

1. **Make the rice:** In a saucepan, bring the water to a boil over high heat.
2. Add the rice and salt and return to a boil. Reduce heat to low, cover, and cook rice until all the liquid has been absorbed, about 20 minutes. **Do not stir the rice while it is cooking. Let the rice sit for at least 5 minutes.**
3. **Prepare the vegetables for fried rice:** Peel and mince the garlic. Set aside. Peel, slice, and mince the ginger to measure 2 teaspoons. Set the garlic and ginger aside.
4. Wash and peel the carrots. Grate the carrots, using the side of the grater with largest holes, **or** cut the carrots into matchsticks. Set the carrots aside.

Vegetables for Fried Rice

Ingredients

2 garlic cloves
1½-inch piece fresh ginger root
2 carrots

Cooking vocabulary word

matchsticks: in cooking, vegetables cut into thin pieces the size of wooden matchsticks.

Receta para la clase 2

Verduras para el arroz frito

Ingredientes

- 1 calabacita (*zucchini*)
- ¼ de repollo verde
- 2 cebollitas verdes
- 1½ tazas de chícharos congelados
- ¼ taza de salsa de soya
- 2 cucharadas (tbsp) de aceite vegetal

Instrucciones

1. Lave la calabacita, el repollo y las cebollitas verdes. Corte la calabacita por la mitad, a lo largo, y luego en rebanadas de ¼ pulgada de grueso. Deje la calabacita a un lado.
2. Rompa las hojas de repollo en trozos de ¾ pulgada hasta llenar 3 tazas.
3. Lave las cebollitas verdes y recorte los dos extremos. Córtelas en rebanadas delgadas (incluyendo la parte verde). Déjelas a un lado.
4. Mida 1½ taza de chícharos y póngalos en un tazón pequeño. Déjelos a un lado.
5. Utilizando una taza para medir líquidos, mida ¼ taza de salsa de soya (¼ taza = 4 cucharadas) y déjela a un lado.
6. **El instructor de alimentos cocinará las verduras y preparará el arroz frito:** Caliente un sartén eléctrico a fuego alto y agregue el aceite vegetal. Agregue el ajo y el jengibre y cocínelos aproximadamente 1 minuto, hasta que estén fragantes pero no dorados. Agregue la calabacita y el repollo, cúbralos y cocínelos aproximadamente 1 minuto. Luego agregue las zanahorias, los chícharos y las cebollitas verdes. Finalmente, agregue la salsa de soya y apague el sartén. Cubra las verduras para mantenerlas calientes hasta que esté listo para servir las.
7. Ponga el arroz en un tazón grande. Agregue las verduras y los trocitos de panqué de huevo y mezcle ligeramente. Sírvalo de inmediato.

Vocabulario de cocina

rebanar: cortar en trozos delgados.

Classroom Recipe 2

Vegetables for Fried Rice

Ingredients

- 1 zucchini
- ¼ head green cabbage
- 2 green onions
- 1½ cups frozen peas
- ¼ cup soy sauce
- 2 tablespoons (tbsp) vegetable oil

Directions

1. Wash the zucchini, cabbage, and green onions. Cut the zucchini in half lengthwise (the long way). Slice into ¼-inch thick slices. Set aside.
2. Tear the cabbage into ¾-inch pieces to measure 3 cups.
3. Cut the roots off of the green onions and trim the green ends. Slice them into thin slices (including the green part). Set aside.
4. Measure 1½ cups green peas into a small bowl. Set aside.
5. Using a liquid measuring cup, measure ¼ cup soy sauce (¼ cup = 4 tablespoons) and set aside.
6. **The food educator will cook the vegetables and assemble the fried rice:** Heat an electric skillet to high and add the vegetable oil. Add the garlic and ginger and cook about one minute, until fragrant but not brown. Add the zucchini and cabbage, cover, and cook for about one minute. Then add the carrots, peas, and green onion. Finally, stir in the soy sauce and turn off the heat. Cover to keep warm until ready to serve.
7. Put the rice into a large bowl. Gently stir in the vegetables and egg pancake strips. Serve immediately.

Cooking vocabulary word

slice: to cut into thin pieces.

Receta para la clase 3

Panqué de huevo

Ingredientes

- 2 huevos
- ½ cucharadita (tsp) de agua
- 2 cucharaditas (tsp) de aceite vegetal

Pepinos agridulces

Ingredientes

- ¼ taza de vinagre de arroz
- 2 cucharadas (tbsp) de agua
- 2 cucharaditas (tsp) de azúcar
- ½ cucharadita (tsp) de sal
- 2 pepinos

Instrucciones

1. **Hacer el panqué de huevo:** En un tazón pequeño, bata los huevos y el agua.
2. Caliente un sartén grande a fuego alto por 1 a 2 minutos. Agregue el aceite. Vierta los huevos en el sartén. Cocínelos a fuego medio unos 2 minutos. Cubra el sartén y continúe cocinándolos 1 minuto más, hasta que el panqué de huevo esté bien cocido. Retírelo del fuego.
3. Use una espátula para despegar las orillas del panqué del sartén y voltéelo sobre una tabla de cortar. Corte el panqué de huevo en trocitos de ½ pulgada de ancho por 1 pulgada de largo. Déjelos a un lado.
4. **Hacer los pepinos agridulces:** En un tazón, bata el vinagre de arroz, el agua, el azúcar y la sal hasta que el azúcar y la sal estén completamente disueltos.
5. Lave y pele los pepinos y córtelos por la mitad a lo largo. Corte los pepinos en tajadas delgadas y agréguelos a la mezcla de vinagre. Mézclelos ligeramente.

Vocabulario de cocina

batidor: utensilio de cocina con hebras de alambre que se usa para incorporar aire a huevos u otros ingredientes. Batir significa mezclar con un batidor de alambre.

Classroom Recipe 3

Egg Pancake

Ingredients

2 eggs
½ teaspoon (tsp) water
2 teaspoons (tsp) vegetable oil

Sweet & Sour Cucumbers

Ingredients

¼ cup rice vinegar
2 tablespoons (tbsp) water
2 teaspoons (tsp) sugar
½ teaspoon (tsp) salt
2 cucumbers

Directions

1. **Make the egg pancake:** In a small bowl, whisk together the eggs and water.
2. Heat a large skillet over high heat for 1 to 2 minutes until it is hot. Add the oil. Pour the eggs into the pan. Cook over medium heat for about 2 minutes. Cover the pan and continue to cook about one minute more, until the egg pancake is set. Remove from the heat.
3. Use a spatula to loosen the edges of the eggs from the pan and turn it out onto a cutting board. Cut the egg pancake into strips, ½ inch wide and 1 inch long. Set the strips aside.
4. **Make the sweet & sour cucumbers:** In a bowl, whisk together the rice vinegar, water, sugar, and salt until the sugar and salt are completely dissolved.
5. Wash and peel the cucumbers and cut them in half lengthwise (the long way). Cut the cucumbers into thin slices and add to the vinegar mixture. Stir gently.

Cooking vocabulary word

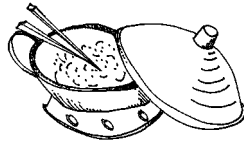
whisk: A kitchen tool with strands of looped wire used for whipping air into eggs or other ingredients. To whisk means to mix or beat with a wire whisk.



Cooking with Kids

Grades 2-3

Chinese American Fried Rice with Sweet & Sour Cucumbers



Arroz frito al estilo chino-
americano con pepinos agridulces

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Name/Nombre

China

China es uno de los países más grande del mundo. China es parte del continente de Asia. Más de un billón de personas viven en China. China tiene la población más grande del mundo.

- Encuentre China y trácela.
- Encuentre los océanos y los mares. Coloréelos azules.
- Escriba un billón como numeral. _____



China

China is one of the largest countries in the world. China is part of the continent of Asia. More than one billion people live in China. China has the largest population in the world.

- Find China and outline it.
- Find the oceans and seas. Color them blue.
- Write one billion as a numeral. _____



Arroz y los sabores asiáticos

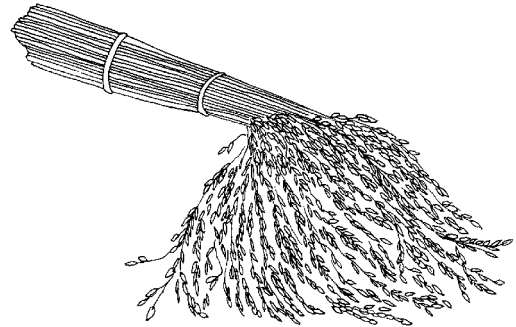
Datos de nutrición

El arroz es un alimento **saludable**. El arroz se encuentra en el grupo alimenticio de los granos. Algunos otros granos son el trigo, el maíz y el avena. El arroz es alto en carbohidratos complejos, que le dan la energía que necesita para pensar y jugar. ¿Ha comido hoy algunos alimentos hechos de granos?

Arroz en la historia

La gente ha cultivado el arroz por miles de años. Es uno de los alimentos más antiguos que se conoce.

Hoy día, más de la mitad de la gente del mundo come el arroz cada día como su comida principal. Hay aproximadamente 83.000 variedades de arroz en el mundo. La mayoría es cultivada en **Asia**. En la China, usualmente se sirve el arroz simple en tazones pequeños. En la **cultura** china, se lo considera **descortés** acabar con el arroz mientras los invitados están comiendo y mala suerte quebrar un tazón de arroz. En nuestra cultura, echamos el arroz a los recién casados como signo de buena suerte.



Sabores Asiáticos

Los Cinco Sabores son: dulce, salado, amargo, agrio y picante. Equilibrar estos sabores ha sido una parte importante de la cocina china por cientos de años. A menudo se usan el jengibre, la salsa de soya y las cebollitas verdes juntos en la cocina china. ¿Puede adivinar por qué?

Palabras de vocabulario

saludable
Asia
cultura
descortés

Nombre cuatro granos.

¿Cómo se afecta su cuerpo cuando come los granos?

¿Usualmente cómo se sirve el arroz en la China?

¿Dónde se cultiva la mayoría del arroz del mundo?

Rice and Asian Flavors

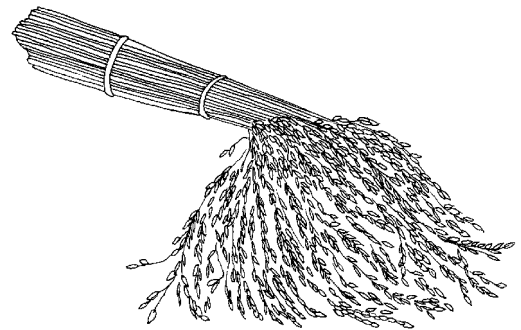
Nutrition Facts

Rice is a **healthy** food. Rice is found in the grains food group. Some other grains are wheat, corn and oats. Rice is high in complex carbohydrates, which give you the energy you need to think and play. Have you eaten any foods today that are made from grains?

Rice in History

People have been growing rice for thousands of years. It is one of the oldest known foods.

Today, more than half of the people in the world eat rice every day as their main food. There are about 83,000 kinds of rice grown in the world. Most of it is grown in **Asia**. In China, rice is usually served plain in small bowls. In the Chinese **culture**, it is **rude** to run out of rice when serving guests and bad luck to break a rice bowl. In our culture, we throw rice at the bride and groom as a sign of good luck.



Asian Flavors

The Five Flavors are: sweet, salty, bitter, sour, and spicy. Balancing these flavors has been an important part of Chinese cooking for hundreds of years. Ginger, soy sauce, and green onions are often used together in Chinese cooking. Can you guess why?

Vocabulary Words

healthy
Asia
culture
rude

Name four grains.

What does eating grains do for your body?

How is rice usually served in China?

Where in the world is most rice grown?

Matemática con palillos

► Lea los problemas y responda las preguntas.

Kayla tenía dos palillos.

Wyatt tenía dos palillos.

Emily tenía dos palillos.

¿Cuántos palillos tenían en total? _____

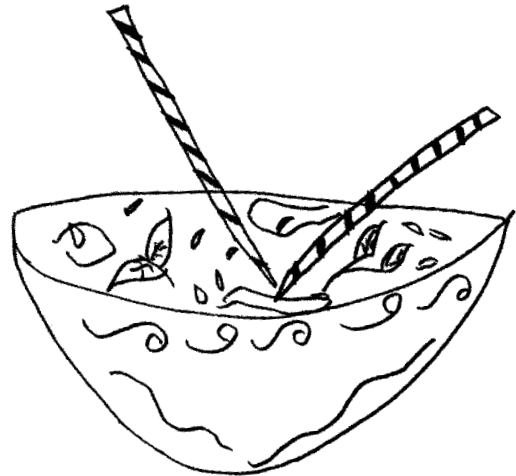
La Srta. Baca tenía siete estudiantes en su grupo. Cada estudiante tenía un par de palillos. ¿Cuántos palillos había en su grupo? _____

Al final de su clase, la Srta. Brown recolectó 32 palillos. Luego echó 11 palillos en el basurero. ¿Cuántos le sobraron? _____

Su grupo tenía seis estudiantes. En su grupo había dos adultos. Si cada persona tenía dos palillos, ¿cuántos palillos habían en su grupo? _____

Pregunta *bonus* adicional

En la clase del Sr. Martínez, todos usaron dos palillos para comer su arroz frito al estilo chino-americano. Había 10 niños en la clase. Había 7 niñas en la clase. La Sra. Garcia recolectó todos los palillos al final de la clase. ¿Cuántos palillos recolectó la Sra. Garcia?



10 niños X 2 palillos cada uno = _____ palillos

7 niñas X 2 palillos cada una = _____ palillos

3 adultos X 2 palillos cada uno = _____ palillos

La Sra. Garcia debería tener un total de _____ palillos

Chopstick Math

► Read the word problems and answer the questions.

Kayla had two chopsticks.

Wyatt had two chopsticks.

Emily had two chopsticks.

How many chopsticks did they have altogether? _____

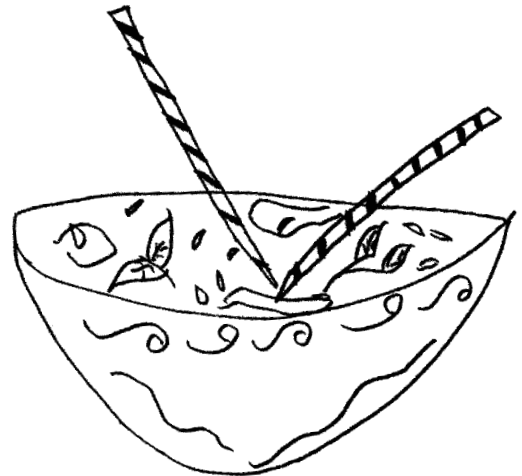
Ms. Baca had seven students in her group. Each student had a pair of chopsticks. How many chopsticks did her group have? _____

At the end of her class, Ms. Brown collected 32 chopsticks. Then she dropped 11 chopsticks in the trashcan. How many did she have left? _____

There were six students in your group. There were two adults in your group. If each person had two chopsticks, how many chopsticks are there in your group? _____

Bonus Question

Everyone in Mr. Martinez's class used two chopsticks to eat their Chinese-American fried rice. There were 10 boys in the class. There were 7 girls in the class. There were 3 adults in the class. Ms. Garcia collected all the chopsticks at the end of the class. How many chopsticks did Ms. Garcia have?



10 boys x 2 chopstick each = _____ chopsticks

7 girls x 2 chopstick each = _____ chopsticks

3 adults x 2 chopstick each = _____ chopsticks

Ms. Garcia should have a total of _____ chopsticks

Crucigrama de los “Palillos”

- ¿Cuántas palabras puede formar usando las letras en la palabra “palillos”?
Corte las letras abajo y úselas para escribir unas palabras nuevas.

Ejemplo: palo

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

P

A

L

I

L

L

O

S

“Chopsticks” Word Puzzle

- How many words can you make using the letters in the word “chopsticks.”
Cut out the letter “tiles” below to use to spell new words.

Example: pots

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

C

H

O

P

S

T

I

C

K

S

Writing and Drawing Activity / Actividad de escribir y dibujar

- Draw a picture of a healthy snack you like to eat. Write about what other healthy snacks you might like to try.
- Haga un dibujo de un bocadillo saludable que le gusta comer. Escriba acerca de los otros bocadillos saludables que le gustaría probar.

Cooking with Kids

Chinese American Fried Rice with Sweet & Sour Cucumbers

Serves 4 to 6

In China, rice is usually served plain to balance the flavors of other dishes. Fried rice provides plenty of protein, is low in fat and is easy on the pocketbook. Most children love it!

Rice

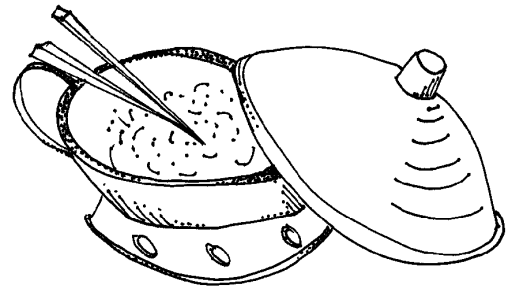
2 cups water
1 cup Jasmine or long grain white rice
½ teaspoon salt

Egg Pancake

2 eggs
½ teaspoon water
2 teaspoons vegetable oil

Vegetables & Other Ingredients for Fried Rice

1 tablespoon vegetable oil
1 garlic clove, minced
1-inch piece peeled and minced fresh ginger
1 carrot, grated or cut into match sticks
1 zucchini, diced into ¼-inch pieces
1½ cups cabbage, chopped or torn into ¾-inch pieces
2 tablespoons soy sauce
1 cup frozen peas
1 green onion, thinly sliced



Cook the rice: In a saucepan, bring the water to a boil over high heat. Add the rice and salt, return to a boil and cover. Reduce heat to low and cook rice, covered, until all the liquid has been absorbed, about 20 minutes. Let the rice sit for at least 5 minutes.

Make the egg pancake: In a bowl, whisk together the eggs and water. Heat a large skillet over high heat and add 2 teaspoons vegetable oil. Pour the eggs into the pan. Cook over medium-high heat for about 2 minutes. Cover the pan and continue to cook 1 minute more, until the egg pancake is set. Turn the pancake out onto a cutting board and cut into strips.

Finish the fried rice: Heat a large skillet over medium high heat and add 1 tablespoon vegetable oil. Add the garlic, ginger, and carrots and cook for about 1 minute. Add the zucchini, cabbage, and soy sauce. Cover and cook about 3 minutes more. Stir in the peas and green onion, reduce the heat to medium and stir in the rice. Place the strips of egg on top of the rice and stir gently. Serve immediately.

Cocinando con Niños

Arroz frito al estilo chino-americano con pepinos agridulces

Sirve 4 a 6

En la China, el arroz usualmente se sirve blanco para equilibrar los sabores de los otros platos. El arroz frito es bajo en grasa, provee bastante proteína y es económico. ¡A la mayoría de los niños les encanta!

Arroz

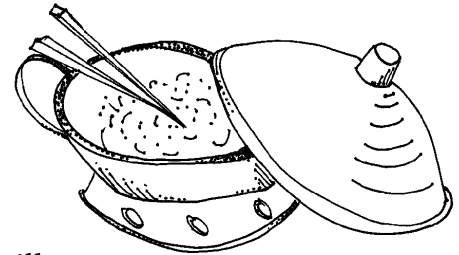
2 tazas de agua
1 taza de arroz *Jasmine* o arroz blanco de grano largo
½ cucharadita de sal

Panqué de huevo

2 huevos
½ cucharadita de agua
2 cucharaditas de aceite vegetal

Verduras y otros ingredientes para el arroz frito

1 cucharada de aceite vegetal
1 diente de ajo, picado
1 pulgada de jengibre fresco, pelado y picado
1 zanahoria, rallada o cortada en palillos el tamaño de una cerilla
1 calabacita *zucchini*, cortada en cubos de ¼ pulgada
1½ tazas de repollo, picado o trozado a mano en pedazos de ¾ pulgada
2 cucharadas de salsa de soya
1 taza de chícharos congelados
1 cebollita, cortada finita



Cocinar el arroz: En una cacerola, ponga el agua a hervir a fuego alto. Agregue el arroz y la sal, vuelva a hervir el agua y cúbrala. Reduzca el fuego a fuego bajo y cocine el arroz, unos 20 minutos, cubierto, hasta que todo el líquido se haya absorbido. Déjelo reposar por lo menos 5 minutos.

Preparar el panqué de huevo: En un tazón, bata los huevos y el agua. Caliente un sartén grande a fuego alto y agregue 2 cucharaditas de aceite vegetal. Vierta los huevos en el sartén. Cocínelos a fuego medio-alto por unos 2 minutos. Cubra el sartén y continúe cocinándolos por 1 minuto más hasta que el panqué esté firme. Voltee el panqué sobre una tabla de cortar y córtelo en tiras.

Terminar el arroz frito: Caliente un sartén grande a fuego medio-alto y agregue una cucharada de aceite vegetal. Agregue el ajo, el jengibre, y las zanahorias y cocínelos por aproximadamente 1 minuto. Agregue la calabacita, el repollo y la salsa de soya. Cúbralos y cocínelos por unos 3 minutos más. Agregue los chícharos y la cebollita verde, reduzca el fuego a fuego medio y agregue el arroz. Coloque las tiras de huevo encima del arroz y mézclelos ligeramente. Retire del fuego y sirva de inmediato.

Sweet and Sour Cucumbers

1 large cucumber
2 tablespoons rice vinegar
1 tablespoon water
1 teaspoon sugar
¼ teaspoon salt

Peel the cucumber and cut it in half lengthwise. Slice into ¼-inch-thick slices. Transfer the cucumber slices into a bowl.

In a small bowl, whisk together the rice vinegar, water, sugar, and salt until the sugar and salt are completely dissolved. Pour the vinegar dressing over the cucumber slices and mix well. Serve the cucumbers as a side dish.

Pepinos agridulces

- 1 pepino grande
- 2 cucharadas de vinagre de arroz
- 1 cucharada de agua
- 1 cucharadita de azúcar
- ¼ cucharadita de sal

Pele el pepino y córtelo por la mitad, a lo largo. Corte las mitades en rebanadas de ¼ pulgada y póngalas en un tazón.

En un tazón pequeño, bata el vinagre de arroz, el agua, el azúcar y la sal hasta que el azúcar y la sal estén completamente disueltos. Vierta el aderezo de vinagre sobre las rebanadas de pepino y mezcle bien. Sirva los pepinos como un acompañamiento.