

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE

Celebrating Asian American Heritage

ĐỒ Chua

VIETNAMESE DAIKON & CARROT PICKLES

INGREDIENTS

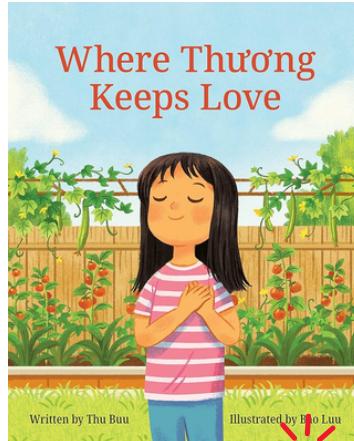
CLASSROOM TASTING:

- ½ large carrot
- ½ daikon radish
- 1 large shallot
- 1/2 cup rice vinegar
- 1/2 cup white vinegar
- 1 cup water
- 3 Tbsp. sugar
- 3 Tbsp. kosher salt
- 1 tsp. whole black peppercorns

DIRECTIONS

1. Clean carrots and daikon radish. Peeling away outside layer and remove the tops. Slice carrots and daikon into fine match sticks. Place carrots and daikon in a large mixing bowl. Mix in 1 tablespoon of salt on the carrots and daikon then set aside. Separately, chop shallots and place on the side.
2. Create a brine by combining vinegars, water, sugar, remaining kosher salt, and peppercorn into sauce pan then bring it to a boil. Once boiling, remove from heat, let cool.
3. Return to mixing bowl and continue to work the salt though the vegetables. Mix for 1 minute. Dump water that collects on the bottom of the bowl then rinse the vegetables with fresh water. Vegetables should be able to be turned into a "U" shape.
4. Place sliced shallots at the bottom of the jar. Stuff the carrots and daikon over the shallots. Strain the brine then pour over the carrots. Place lid and refrigerate.

TEACHER RESOURCES



Read Along



Rice and Spice:
Lesson Package
for Southeast
Asia

Lesson Ideas



Over 2 million people in the United States are Vietnamese (2023). Vietnamese Americans are the fourth-largest Asian population in the United States. The largest population of Vietnamese Americans live in California!



Want to pair this recipe with a meal? Try this traditional, Bánh Mì, meal pairing or try this new take on a American classic.

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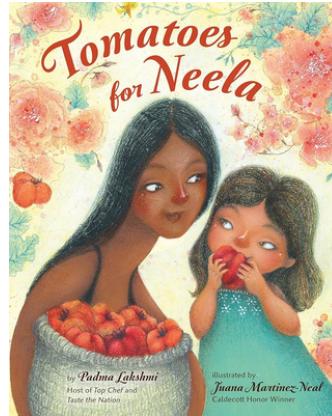
टमाटर की चटनी

Neela's Tomato Chutney

INGREDIENTS

CLASSROOM TASTING:

- $\frac{1}{4}$ cup canola oil
- 1 tsp cumin seeds
- $\frac{1}{2}$ tsp brown or black mustard seeds
- 1 cup yellow onion, diced
- 2 Tbsp. minced garlic (about 3 large cloves)
- 2 Tbsp. minced ginger (2-inch piece)
- 2 dozen fresh curry leaves, torn into rough bits (optional)
- $\frac{1}{4}$ tsp. ground turmeric
- $\frac{1}{4}$ tsp. cayenne, or fresh green chilies to taste
- 2 lbs tomatoes, roughly chopped
- 1 tsp sugar (optional)
- Kosher salt & black pepper to taste



TEACHER RESOURCES

Lesson Plan:
Sikh Farmers

Lesson Ideas

Chutney is one of the world's oldest condiments! It was originally a method of preserving food that was first adopted by Indians to preserve surplus food and vegetables.

DIRECTIONS

1. Heat the oil in a deep skillet on medium heat. When hot, lower the heat slightly and add the cumin and mustard seeds. Sauté. Be careful, as the mustard seeds will pop out of the pan when they get hot!
2. When the mustard seeds start popping, quickly add the onion, garlic, and ginger. Stir often and sauté until the onions are glassy, about 5–7 minutes. Now add the curry leaves (if you choose), turmeric, and cayenne. Cook together for another 2–3 minutes, mixing well.
3. Add the tomatoes in carefully and stir well. Once the tomatoes start to break down (6–8 minutes), add $\frac{1}{2}$ cup water and salt to taste (about 1 teaspoon) and stir. Cover and lower the heat to a simmer. Let it cook, stirring often, for 10–15 minutes. Remove the cover and cook for another 15 minutes, stirring occasionally. Stir in a bit more water if it sticks, 1–2 tablespoons at a time. You want a loose, jammy consistency at the end. Taste it. Does it need anything?
4. Now it should be tangy. Adjust salt or add sugar only if needed, one pinch at a time. Add black pepper and additional cayenne to taste. Remove from heat and let cool. Store in a tight glass container or jar in the fridge for up to 3–4 days.

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西洋菜汤 CHINESE WATERCRESS SOUP

INGREDIENTS

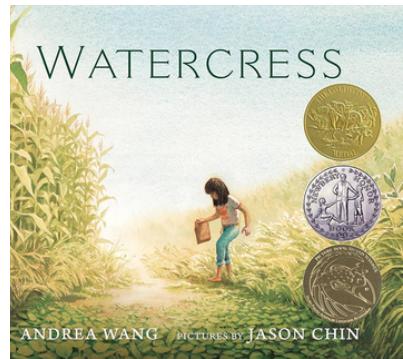
CLASSROOM TASTING:

- 12 oz. watercress 
- $\frac{1}{2}$ lb. pork bones (traditional), can substitute chicken thighs
- $\frac{1}{2}$ inch size piece of ginger
- 2 Tbsp. goji berries
- 4 red dates
- 4 quarts water

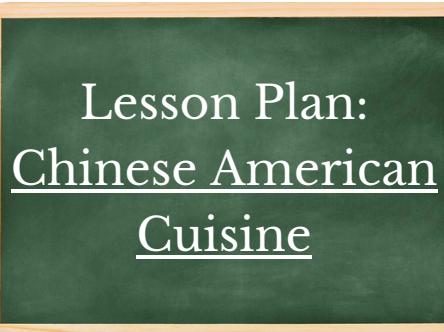
DIRECTIONS

1. Blanch pork bones with ginger in boiling water for 10 seconds. Remove bones.
2. In another pot add the measured water. Add pork bones, goji berries, watercress, and dates. Bring to a boil. Lower heat to simmer and allow the soup to simmer for 2 hours.
3. After simmering for 2 hours remove bones from soup. Peel any meat from bones and add to soup. Serve!

TEACHER RESOURCES



Read Along 



Lesson Ideas 

Watercress is very good for your health. There are more than 28 essential vitamins in watercress. Watercress is not native to North America but it does grow wild in many states. The plant grows quickly and is known as an invasive species. Too much watercress growing in one area can prevent native plant species from growing.

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