

Let's Explore! More Food from Around the World

Now that *Let's Eat* has you hooked on learning about and trying new foods, head to the kitchen as a family and start cooking! Author Lynne Marie has provided some family-friendly recipes to help you continue the *Let's Eat* journey together.



Korean Rice Porridge

Ingredients

- 1 cup rice
- 1/2 cup carrot, chopped small
- 1/2 cup onion, chopped small
- 1/2 cup radish, chopped small
- 1 tablespoon sesame seed oil
- 2 1/2 cups vegetable soup stock
- Salt and pepper to taste



Steps to Make It – With the Help of an Adult

1. Soak rice for at least 90 mins. Drain well.
2. Heat the sesame oil over medium heat.
3. Sauté onions, carrots, and radish for 2 to 3 minutes.
4. Add the rice and stir-fry everything together for another minute.
5. Add the soup stock and bring to a boil.
6. Immediately reduce to simmer, and cook at medium-low heat for about 30 minutes.
7. Stir everything and then continue to cook for about 10 more minutes.
8. Add salt and pepper to taste.



Scottish Shortbread

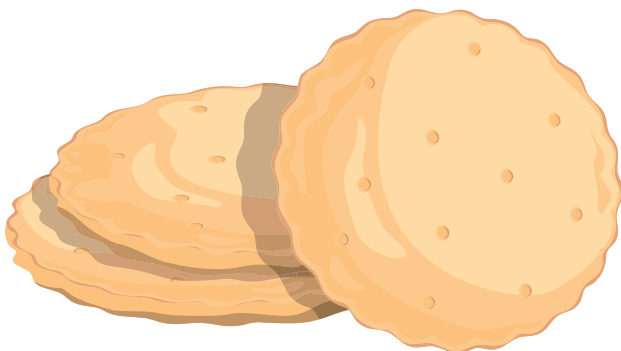


Ingredients

- 1 cup (2 sticks) butter, softened
- 1/2 cup confectioner's sugar
- 2 cups unsifted, all-purpose flour

Steps to Make It – With the Help of an Adult

1. Preheat oven to 325 degrees F. Line two baking sheets with parchment paper or silicone mats and set aside.
2. Place all ingredients in a large bowl. Mix with an electric mixer until completely combined and dough forms.
3. Roll out dough on a floured surface (to about 1/4-inch thickness, or slightly thicker).
4. Use cookie cutters, biscuit cutters, or a pizza slicer to cut out shapes. Place shapes on prepared baking sheets. Pierce with a fork.
5. Bake 20 minutes or until just lightly browned. Cool on a wire rack.



Easy Pad Thai



Ingredients

- 8 ounces lo mein noodles
- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 2 large eggs
- 1 1/2 tablespoons soy sauce
- 2 tablespoons fresh lime juice (from 1 medium lime)
- 2 tablespoons brown sugar
- 1 teaspoon fish sauce
- 1/8 teaspoon red pepper flakes
- 3 green onions, sliced
- 1/4 bunch fresh cilantro, leaves only, roughly chopped
- 1/4 cup chopped, unsalted peanuts

Steps to Make It – With the Help of an Adult

1. Bring a large pot of water to a rolling boil. Add the noodles and cook for 7 to 10 minutes or until tender. Drain the noodles and set aside.
2. In a large skillet, heat the vegetable oil over medium heat. Add the garlic and cook for 1 to 2 minutes, or until tender.
3. Whisk the eggs lightly with a fork. Pour them into the skillet and cook just until they solidify, but are still moist, moving the eggs around the skillet slightly as they cook so that they lightly scramble. When the eggs are cooked, remove the skillet from the heat and set aside.
4. In a small bowl, stir together the soy sauce, lime juice, sugar, fish sauce, and red pepper flakes. Pour the sauce into the skillet with the scrambled eggs. Add the noodles and toss to coat in the sauce.
5. Sprinkle the green onions, cilantro, and peanuts over the noodles. Toss lightly to combine. Serve warm.

