


CHINESE CUISINE:

GREEN BEANS & MILK TEA

ROASTED GINGER GREEN BEANS

Ingredient	Students Per Class		
	10	15	20
Green beans	1 lb	1 1/2 lb	2 lb
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp
Soy sauce 	1 tbsp	1 1/2 tbsp	2 tbsp
Ginger root	1 tbsp	1 1/2 tbsp	2 tbsp

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Preheat oven to 425°F. Wash green beans. Line cooking tray with aluminum foil.

Directions:

1. Pass out green beans to students and instruct them to cut off the stems.
2. Collect green beans from students and place in a bowl. Have students measure olive oil and soy sauce into the bowl. Mix to coat evenly.
3. Have students zest fresh ginger over the beans.
4. Add green beans to a lined tray and place into oven. Make sure each green has its own space!
5. Bake for about 15-20 minutes
6. Allow to cool before eating. Enjoy!



DID YOU KNOW?

In Chinese cuisine, green beans would typically be stir-fried instead of baked. Green beans are commonly eaten in the Szechuan Province of Western China.



DID YOU KNOW?

Tea was originally only used only as a medicine. It took almost 3,000 years for it to become an everyday drink.

BROWN SUGAR MILK TEA

Ingredient	Students Per Class		
	10	15	20
D ecaffeinated black teabags	5	7	10
Milk	2 cup	3 cup	4 cup
Brown sugar	1/4 cup	1/3 cup	1/2 cup
Water	4 cup + 3 tbsp	6 cup + 4 tbsp	8 cup + 6 tbsp
Other: Cups for serving			

PREP BEFORE CLASS:

Remove blade from blender.

Directions:

1. At the beginning of class, add 5 tea bags to 4 cups of water in blender pitcher. Allow to steep for as long as possible, at least 15 minutes.
2. Have students measure and whisk 1/4 cup brown sugar with 3 tbsp water to make a syrup.
3. Remove teabags from pitcher. Add milk and brown sugar syrup. Stir until all ingredients are well mixed.
4. Pour into plastic cups and enjoy!

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SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Green beans
- Soy sauce (NUT & SESAME FREE)
- Fresh ginger
- **Decaffeinated** black teabags
- Milk
- Brown sugar

Ingredients in the bin:

- Olive oil
- Cups for serving

OBJECTIVES

- ☒ Explain why green beans are healthy
- ☒ State how many major Chinese cuisines there are
- ☒ Describe the process of steeping as described in our star technique

STAR INGREDIENT: SOY SAUCE

- The history of soy sauce goes back over 2,000 years in China. It was developed to help keep food from spoiling and add flavor.
- Soy sauce is known as shoyu and soya sauce. It's made with soybeans, wheat, salt, and a fermenting agent.
- Soy sauce can be added to dishes such as stir fries, stews, or soups. You can also use it as a dip.
- Soy sauce is used for flavor rather than health benefits. It has a lot of sodium, so you don't want to drink it!



INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students if they are familiar with Chinese cuisine. The food we often think of as “Chinese food” in the United States is rarely authentic Chinese cuisine—it is an Americanized version.
- Westernized Chinese dishes often have sweeter and heavier flavors compared to authentic Chinese cuisine. Americanized Chinese dishes typically contain more sugar, sodium, and soy sauce, while being less spicy. In contrast, traditional Chinese dishes prioritize fragrant spices that have a depth of flavors and let the taste of the ingredients shine.
- What are some ingredients that are often found in Chinese cuisine? This depends entirely on where you are in China! China has four major cuisines, which were founded thousands of years ago based on different regions, ingredients, and cultural customs. They are Lu Cuisine, Chuan Cuisine, Yue Cuisine, and Huaiyang Cuisine. Each one uses very different ingredients and flavors.
 - Lu Cuisine uses lots of seafood and vegetables and is often cooked in hot oil.
 - Chuan Cuisine is spicy and fragrant with lots of hot peppers and peppercorns.
 - Yue Cuisine is light and fresh.
 - Huaiyang Cuisine is sweet without much spice and usually focuses on one main ingredient.

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GREEN BEANS & MILK TEA

COOKING PRO

Zesting ginger is one way to get small pieces, rather than mincing small individual chunks. This is important when using an ingredient that has a very powerful flavor—you don't want to chomp down on a giant hunk of ginger!



STAR TECHNIQUE: STEEPING

- What is steeping? Steeping is a technique used to transfer flavor from an ingredient into a liquid. Tea is a great example of steeping!
- Rather than eat the tea leaves as they are, we can allow them to steep in hot or cold water for a few minutes in order to draw the flavor and nutrients out of the tea leaves! When we drink the water, it will be infused with those flavors and nutrients.
- Different teas need to be steeped for different amounts of time. Check on the back of a tea box to see how long the tea bag should stay in the water! Too short and the tea will taste weak, too long and the tea will be strong.



DEVELOPMENT

⌚ 5-7 min

- Common ingredients across the four Chinese cuisines include rice, soy sauce, noodles, tea, fish, ginger, chili oil, and tofu. In many Chinese recipes, seasonings, and ingredients are combined in a way to create dishes that have both a sour and a sweet taste.
- Have you ever had any of these Chinese dishes?
 - Dumplings: filled pockets of dough filled with ground meat and minced vegetables
 - Mapo tofu: tofu cooked with chili oil and Sichuan peppercorns
 - Fried rice: stir-fried rice with diced pieces of a protein such as chicken, pork, or shrimp and diced pieces of vegetables such as carrots, peas, and onions, seasoned with soy sauce
 - Chow mein: stir-fried noodles with thinly sliced meat and vegetables, seasoned with soy sauce
 - Peking duck: crispy, roasted duck
 - Congee: rice porridge
- As you are completing the Green Beans discuss the Star Ingredient. This recipe includes several flavors that we don't often taste at iCook, such as the salty soy sauce and the spicy ginger. These ingredients work together to create a flavor palate that is complex, which means our tastebuds are reacting to lots of flavors at the same time.
- Has anyone ever had Bubble Tea? Milk Tea often has little bubbles, or pearls, in the bottom. These are called boba, and made from an ingredient called tapioca. It originated in Taiwan! Because boba requires boiling water, we'll add something else to the tea to make it exciting: brown sugar syrup! This will add sweetness to the milk and tea combination.

END OF CLASS CHECKLIST

⌚ 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal