

Cultural Feast 2012

Japan

Thursday, March 8th

Kindergarten should provide and serve:

- **Black Tea Lemonade**

First through Eighth Grade

Each grade should provide:

- **3 recipes of Cucumber Salad**
- **3 recipes of Soba Noodles**
- **3 recipes of Fried Rice**

The school will provide:

- **Chicken Teriyaki**
- **Coconut and green tea ice cream**
- **Buckwheat noodles for soba noodle recipe**

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Stir Fried Rice with Pork

1 Cup Diced Yellow Onions
1 Cup Thinly Sliced Celery
2 Cups Pork Roast, diced into ½" cubes
3 Tbs. Canola Oil

2 Eggs, beaten
1 Tbs. Canola Oil

6 Cups Cooked Jasmine Rice
½ Cup Canned Water Chestnuts, sliced
2 Cups Frozen Baby Peas, thawed
¼ tsp. Freshly ground Pepper
¼ tsp. Salt
½ Cup Tamari Sauce **(Please do not substitute soy sauce as we would like to keep this dish gluten free. If you do not have this ingredient, leave it out and we will add it the day of the feast)**

- Heat a large sauce pan, then add the 3 tbs. oil. Sauté the onion, celery and pork until the vegetables are tender and the pork is cooked through. Remove from pan.
- Heat pan, add the additional tablespoon of oil and add the egg. Quickly scramble, breaking the egg into bit size pieces. Add back the pork mixture (when you cook the egg alone you get pieces, otherwise it just coats the pork)
- Add the cooked rice, water chestnuts, peas, salt, pepper and tamari and mix to combine.
- Cool and put in a disposable container, refrigerate overnight. Bring to the Peard Kitchen at drop off on Thursday, March 8th

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Soba Noodles with Carrots

4 Tbs. Lime Juice
Zest of 1 lime
6 Tbs. Soy Sauce
1 ½ tsp. Sugar
1 Tsp. Sesame Oil
1 ½ Tbs. finely grated Ginger
¼ C Vegetable Oil

1 Lbs. Soba noodles** cooked according to package directions, rinsed under cold water and drained.

4 Carrots, peeled and coarsely grated
1 Red Pepper, cleaned cored and diced

- Wisk together the lime juice, zest, soy sauce, ginger, sesame oil, sugar and canola oil.
- Add remaining ingredients and toss to combine.
- Put in a disposable container and refrigerate overnight.
- Bring to the Peard Kitchen at drop-off on Thursday, March 8th

**Soba Noodles will be available in the front office after March 1st

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Cucumber Salad

- 3 English hot house cucumbers (wrapped in cellophane)
- ½ C Seasoned Rice Wine Vinegar (not just rice wine vinegar)

- Slice the unpeeled cucumber paper thin
- Pour the seasoned rice wine vinegar on top and toss to coat.
- Refrigerate (overnight is fine).
- Transfer to a disposable container or baggie and bring to the Peard kitchen on Thursday March 8th

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Black Tea and Lemonade

Using 3 of our 5 gallon jugs

- Fill each of the 5 gallon jugs with 2 gallons of cold water and 32 *decaffeinated* black tea bags, cover and let sit overnight.
- Remove the tea bags and add 3 gallons of reconstituted Minute Maid Lemonade to each container

**Hill School will provide the Minute Maid Lemonade concentrate