



List of Supplies Needed

Yu Sheng - Singaporean Lunar New Year Salad Recipe

General

- Recipe

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons

Food & Produce

Yu Sheng Salad

- Buckwheat soba noodles
- Roasted salted peanuts
- Black sesame seeds
- Five-spice powder
- Pomelo
- Enoki or shiitke mushrooms

Dressing

- Pomelo
- Honey
- Rice vinegar
- Sesame oil

- Large platter
- Small mixing bowl
- Whisk

- Chopsticks
- Red new year envelopes
(lai see or hóngbāo)

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/recipes

