

Yu Sheng – Singaporean Lunar New Year Salad

Yield: 4 servings



Ingredients

3 oz. buckwheat soba noodles

1/3 cup chopped roasted salted peanuts

4 teaspoons black sesame seeds

4 dashes five-spice powder

1 pomelo, cut into sections

3 1/2 oz. enoki or shiitake mushrooms, trimmed

1 cup shredded carrot

1 cup shredded cucumber (skin on)

1 cup shredded daikon radish

2 tangerines, cut into sections

2 Tablespoons shredded pickled red ginger

1/4 cup sesame or won ton crackers

1 cup Yu Sheng Salad Dressing

Supplies

4 red new year envelopes

(lai see or hóngbāo)

4 sets of chopsticks

Instructions for Adults

Assist with supervision of stovetop and safe knife skills. Stick around. This recipe needs to be tossed and eaten together for good luck!

Instructions for Kids

- Cook the noodles as directed on the package, then rinse them with cold water, drain, and refrigerate.
- Using four red new year envelopes, divide the peanuts, sesame seeds, and five-spice powder between them.
- Arrange the pomelo, mushrooms, carrot, cucumber, radish, tangerines, ginger, and crackers in piles around the edge of a large platter. Arrange the soba noodles in the middle.
- Before tossing the salad, pour the dressing over all the ingredients. Give each person an envelope to sprinkle on top. Give each person a set of chopsticks. Using chopsticks, toss the ingredients as high as possible, saying "Lo hei" (good luck) while mixing the salad. Serve.

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Yu Sheng – Singaporean Lunar New Year Salad Dressing Recipe



Yield: 1 cup

Ingredients

1 pomelo, juiced
1 teaspoon honey
3 teaspoons rice vinegar
1/4 cup sesame oil
Salt to taste
Freshly ground black pepper

Instructions for Kids

Whisk together the juice, honey, and vinegar. Whisk in the oil and season with salt and pepper.

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