




## LUMPIA SHANGHAI

Ingredient	Students Per Class		
	10	15	20
Egg roll wrappers 	10	15	20
Garlic cloves	1	1 1/2	2
Baby carrots, shredded	5	7 1/2	10
Soy sauce 	1 tbsp	1 1/2 tbsp	2 tbsp
Honey	2 tbsp	3 tbsp	4 tbsp
Ginger root	1 tbsp	1 1/2 tbsp	2 tbsp
Pepper	1 tsp	1 1/2 tsp	2 tsp
Olive oil	2 tbsp	3 tbsp	4 tbsp
Choose one:			
Cabbage, shredded	1 cup	1 1/2 cup	2 cup
Small cabbage head	1/4	1/3	1/2
 : Make sure it is PEANUT, NUT, and SESAME FREE			

### PREP BEFORE CLASS:

Preheat oven to 425°F. Foil and grease baking sheet. Rinse veggies, open egg roll wrappers. Add small cup of water to each table. Prepare food processor.

### Directions:

1. Have students chop baby carrots and cabbage into small pieces. Add the carrots, cabbage, garlic, and soy sauce to food processor. Pulse until chopped, do not over-mix.
2. Remove mixture from the food processor and add to a large bowl. Have students help add the pepper to the bowl, and mix well.
3. Pass out 1 egg roll wrapper to each student and add 1-2 tbsp of the mixture to the wrapper.
4. Instruct students to dip their fingers in the water cup and wet the edges of the wrapper.
5. Roll and bake for 10-15 minutes or until crispy. Watch the oven as the egg roll wrappers will go from raw to burnt very quickly. Cooking time may vary.
6. For the dipping sauce, zest ginger, and add remaining soy sauce and honey in a bowl. Whisk until combined. Enjoy!



## BANANA SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Large ripe bananas	3	4	6
Milk	2 cups	3 cups	4 cups
Plain yogurt	2 cups	3 cups	4 cups
Honey	2 tbsp	3 tbsp	4 tbsp
Other: Cups for serving.			

### PREP BEFORE CLASS:

Prepare the blender.

### Directions:

1. Pass out bananas to students. Peel the bananas and cut into chunks. Add to blender.
2. Add milk, yogurt, and honey to blender.
3. Combine until smooth.
4. Pour into individual cups and enjoy!

### DID YOU KNOW?

The Philippines is made entirely of islands (similar to Hawaii). The country is made up of about 7,000 individual islands.

### DID YOU KNOW?

The Philippines is the second biggest exporter of bananas in the world.

## OBJECTIVES

- Explain the health benefits of bananas
- Understand the technique of wrapping
- Identify a traditional Filipino dish

## STAR INGREDIENT: BANANAS

- Where do bananas come from? Bananas are mostly grown in Africa, Latin America, the Caribbean, and the Pacific. Since they are a tropical fruit they need to be grown in tropical climates.
- Why are bananas good for us?
- Vitamin C – Keeps us healthy and fight off illness.
- Potassium – Helps balance water in our body, and helps our nerves in our body send signals.
- Fiber – Digestive system: it helps you feel fuller for longer.
- Did you know? Bananas are technically berries: Despite their size and shape, bananas are classified as berries botanically. They belong to the same family as lilies and orchids.
- They are the world's most popular fruit: Bananas are the most widely consumed fruit globally. Over 100 billion bananas are eaten each year worldwide, surpassing the consumption of apples and oranges combined.



## SHOPPING LIST

Please see recipe for amounts, varies by class size


### Ingredients to buy:

- Egg roll wrappers (NUT & SESAME FREE)
- Garlic cloves
- Baby carrots, shredded
- Shredded cabbage or small cabbage head
- Soy sauce (NUT & SESAME FREE)
- Ginger
- Large ripe bananas
- Milk
- Pain yogurt

### Ingredients in the bin:

- Honey
- Pepper
- Olive oil
- Cups for serving

## 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 to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is something here unfamiliar?
- Ask students if they know any Filipino foods or recipes. Filipino cuisine is made up of the cuisines of more than a hundred distinct groups found throughout the Philippine archipelago (group of islands)!
- Dishes range from the very simple meal of fried salted fish and rice to curries, paellas, and cozidos of Iberian origin made for fiestas. Popular dishes include:
  - lechón (whole roasted pig)
  - longganisa (Philippine sausage)
  - adobo (vinegar and soy sauce-based stew)
  - kaldereta (meat stewed in tomato sauce and liver paste)
  - pochero (beef and bananas in tomato sauce)
  - pinakbet (vegetables cooked in fish sauce)
  - lumpia (fresh or fried spring rolls)
  - sinigang (sour soup typically made with tamarind or other sour fruits, vegetables, and meat or seafood)
  - pancit (noodle dish that comes in various regional variations, such as Pancit Canton or Pancit Palabok)

## STAR TECHNIQUE: WRAPPING



- Wrapping is the process of using a dough or other edible substance to bind ingredients together.
- We wrap many foods: burritos, dumplings, lumpia, cannoli, tamales and more!
- Can you name a food that is wrapped?
- When wrapping, make sure to place the filling in the middle of the wrap, too much and it might burst! Then, carefully fold over one side, then tuck in the corners, then wrap the other side.
- Wraps can be bound together with egg-wash, grilling or baking, or other sticky sauces that serve as "glue" for the wrapped item.

## COOKING PRO


Vegan versions of the wrapper don't use eggs, and is instead just made with flour, salt, and water, which results in a thinner translucent wrap. These are also sealed with water, not an egg wash.



## COMMON INGREDIENTS

- Rice is a staple ingredient in Filipino cuisine and plays a central role in Filipino meals. It is the foundation of many dishes and is often consumed alongside various viands. Rice provides a neutral and comforting base, complementing the rich flavors of Filipino dishes. It adds texture and helps to balance out the bold and savory flavors of meat, seafood, and vegetable dishes.
- Fish sauce and soy sauce are essential condiments in Filipino cooking. Fish sauce, made from fermented fish or shrimp, has a salty and savory taste, while soy sauce, made from fermented soybeans, offers a rich umami flavor. These sauces serve as the primary source of saltiness and depth in many Filipino dishes. They enhance the natural flavors of ingredients and contribute to the unique savory profile of Filipino cuisine.
- Coconut milk (gata): Coconut milk is a common ingredient used in many Filipino dishes, providing richness and creaminess.
- Calamansi: Calamansi is a small citrus fruit used in Filipino cuisine as a flavor enhancer, similar to lime or lemon.

## DEVELOPMENT

 5-7 min

- While preparing the Lumpia Shanghai, discuss the Star Technique: Wrapping. Give the class a demonstration on how to wrap the lumpia.
- Discuss: Lumpia are various types of spring rolls commonly found in Indonesia and the Philippines. Lumpia is made of thin paper-like or crepe-like pastry skin called "lumpia wrapper" that holds savory or sweet fillings. It is often served as an appetizer or snack, and might be served deep-fried or fresh.
- In the Philippines, lumpia is one of the most common dishes served in gatherings and celebrations.
- As you are completing your second recipe, Banana Smoothie, discuss the Star Ingredient: Bananas. Ask the students: What does it taste like? Is there a part of the banana that you don't eat?

## 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