



Napa Cabbage Noodle Stir Fry

Equipment List

- Bowl
- Measuring Spoons
- Saute Pan & Pot
- Knife & Cutting Board

Recipe Ingredients

- 1/2 head napa cabbage (shaved into 1/3-inch pieces)
- 2 tablespoons oyster sauce
- 1 tablespoons black vinegar
- 2 tablespoons soy sauce
- 1 teaspoon chili oil
- 1 cup sliced green onions
- 2 tablespoons sliced garlic
- 1 lb. dry wheat noodle

by: **Chef Donald Hawk**

Yield : 6-8 servings



Allergy Indicators:



Chef Donald Hawk was born in Korea, raised in Phoenix, and has been cooking since he was 16 years old. With over a decade of experience, he runs restaurant Valentine in Phoenix. A place that celebrates Arizona's heritage and the native southwest, specializing in modern southwestern cuisine. Executive Chef Donald Hawk was named a James Beard Foundation semi-finalist for Emerging Chefs in 2022. His restaurant Valentine is an homage to Arizona's state birthday, February 14, 1912, and the attached bar is called 1912!

Instructions

1. Prepare your vegetables for the stir fry by thinly slicing the cabbage. For the green onions, chop the whites of the onions into thin coins and mix with the cabbage. The green part can also be cut into thin coins and set aside for garnish later.
2. Mix oyster sauce, black vinegar, soy sauce, and chili oil and set aside for later.
3. In a small pot cook noodles to directions on the package, but cook about two minutes under the time recommended. After cooking, drain noodles and set aside whole, drizzling on a little oil to keep noodles from sticking.
4. In a large sauté pan, heat 3 tablespoons olive oil. Next, sauté garlic until it begins to brown. Be careful to not overcook the garlic as it can turn bitter. After cooking, add noodles to the pan with remaining sliced green onions. Add sauce mixture.
5. Add cabbage to the pan, and cook for about 5 minutes, stirring occasionally. Cabbage should be cooked down to release moisture. Add a pinch of salt at this point to help leach out some water. Cook for 5 minutes longer.
6. Adjust seasoning until there is a good balance of salty, sweet, and sour (to liking). Remove from heat & enjoy.

Meet Your Napa Cabbage Farmer

La Campagna Homestead was established in 2018 in Queen Creek by Lauren and Frank Infurna. The farm name, meaning “the countryside” in Italian, is an ode to Frank’s Sicilian heritage. It references the land outside of town where Sicilians traditionally escape to in the summer to garden, tend to the orchards, and, most importantly, spend time with friends and family. Lauren and Frank and their two sons share the bounty of their little Arizona campagna with their local community by collaborating with Cameron and Jeannine McChesney, owners of a nearby farm, Greenhouse Gardens. Together they are able to provide the highest quality fresh vegetables, fruits, herbs, and eggs to local restaurants and at their weekly Farmers’ Market at Greenhouse Gardens.





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#chefinthegardenaz



Planting Napa Cabbage

Planting Supplies

- Napa Cabbage start
- Garden or pot with soil

Planting Instructions

1. Dig a hole in your garden that is as deep as the transplant liner. The soil should be level with the transplant in either the pot or the garden.
2. To transplant your cabbage plant, place your hands flat on the soil around the stems, then turn your transplant upside down so that the leaves are facing your shoes. Gently squeeze the transplant container to loosen the roots just enough to pull the liner away from the plant's root system.
3. Gently flip your plant right-side up, so that it's facing you and gently place it in the hole in your garden or pot. Fill in the remaining space with soil. Gently push down the soil around the plant and add more soil if necessary to make the new soil level with the plant. Then add plenty of water to get the soil wet down to the roots.
4. Cabbage can spread up to 12 inches and grow up to 18 inches in height. Allow two feet of space between cabbage plants.

Lesson

Napa cabbage is native to China and was first documented in the Yangtze River Delta during the 14th century. It was introduced to neighboring countries such as Korea and Japan in the 1850s and later to the Americas in the late 1880s via Chinese immigrants. Today Napa cabbage is found in Asia, Southeast Asia, Australia, Europe, and North, Central, and South America. As a winter crop, Napa cabbage was once one of the most important sources of nutrients during long winter seasons in China when other foods were not easy to grow. It can be eaten in many different ways including raw, stir-fried, boiled, and creamed. With a less harsh flavor than some other cabbages, it offers similar health benefits including providing a good source of fiber, vitamin C, and other antioxidants.

Culinary Skill: *Stir Frying* is a cooking technique that has been around for centuries. Originally from China, this cooking technique allows you to cook food quickly using less oil. This technique requires the pan (traditionally a wok) to be very hot before cooking and for the meat or vegetables to be sliced thin and evenly. All the ingredients should be ready to add to the pan before cooking since they need to be added quickly. To the hot pan, cold cooking oil is added. After the cooking oil, start by cooking aromatics (like ginger and garlic) for just a few seconds, then start adding in the main ingredients starting with the ingredients that take the longest to cook. Finally, the last step is to add in the pre-cooked grain (either rice or noodles, if the recipe calls for it) and the sauce. From start to finish the cooking process should only take a few minutes. The hot pan and small evenly cut food are what allow food to be cooked quickly with less oil. The need for less oil is a key reason why this technique grew in popularity as it allowed food to be made in times when oil was hard to come by or was very expensive. *Source: Adapted from ifood.tv*

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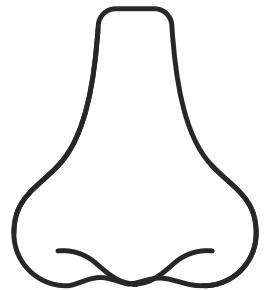
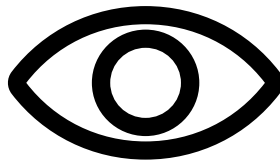
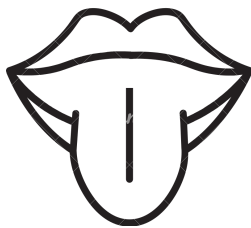




Student Feedback Sheet

Napa Cabbage

Can you describe it using the five senses?



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Student Feedback Sheet

Napa Cabbage

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