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May

Let's cook with bamboo!

"Bamboo with Chicken and Green Beans"



#149, 2012 5/9(Wed)

Ingredients

- 1/2 bamboo sprout
- 1 medium or 1/2 large Chicken breast
- 1 small package of green beans
- 1 small carrot
- 1 piece of garlic
- 1 tablespoon of cooking oil
- 1 cup chicken stock
- 2 teaspoons corn starch
- 1/4 cup water
- salt and pepper to taste
- 1 tablespoon flour (optional)

Preparation tool

- Fry Pan
 - Mesuring cup
 - Chopping board
 - Knife
 - Dish
 - Spatula
 - Strainer
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Recipe

- 1** Clean and wash the bamboo sprout
- 2** Slice the bamboo into 5mm slices and set aside
- 3** Slice the chicken into 5mm slices sprinkle with salt (if you like softer/juicier chicken, mix the chicken with some flour)
- 4** Wash the green beans and carrot and cut both into 3cm to 5cm sticks.
- 5** Mince the garlic. In a fry pan add the cooking oil, and garlic. Cook until garlic is light brown.
- 6** Add the chicken and cook until it is white. Add the bamboo, carrot and green beans and cook for another 2 to 3 minutes
- 7** Add the chicken stock and simmer for 3 to 5 minutes. Add salt and pepper to taste.
- 8** Mix the corn starch in the 1/4 cup water and slowly add to the fry pan. Mix well and the sauce should thicken. Once it has thickened, serve and enjoy!!

Point! If it does not thicken to your liking, make a bit more corn starch mixture and slowly add it.

Lesson Bamboo Lesson

1. Bamboo is considered a grass. It grows on every continent except Antarctica, but it grows most widely in Asia. It can also grow in high altitudes in the Himalayas at around 4000 meters.



2. How fast can bamboo grow in a day?

The fastest growing bamboo grass is the Madake (a Japanese Bamboo), it can grow about 1.2 meters a day.

3. Is Bamboo very strong? True or False

True. Kilogram for Kilogram bamboo is stronger than steel.

4. Do pandas only eat bamboo? Yes or no

No. Pandas eat 20 different types of bamboo, but they also eat rats, mice and insects.

5. Is bamboo poisonous? Yes or no

Yes. Bamboo should be cooked well before being eaten.



6. Eco News

Bamboo is a crucial element in the balance of oxygen and carbon dioxide in the atmosphere. A grove of bamboo release 35% more oxygen than an equivalent stand of trees. Because of this, planting bamboo is a great way to reduce your carbon footprint and help fight global warming.

Memo: Bamboo can also tolerate extreme conditions that most plants cannot. It was actually the first plant to re-green after the atomic blast in Hiroshima in 1945.