



ASSOCIATION **SOUTENIR**  
QUÉBÉCOISE DE LA **REPRÉSENTER**  
**GARDE SCOLAIRE** **MOBILISER**

# We're preparing local cucumbers!

This is an activity to do during **week 4** of the 2020 *Health Challenge (Défi Santé 2020)*, which features the theme **Mealtime funtime**. It will allow students to discover the different ways to prepare cucumbers, a great local product!



**Age group:**  
Multiage

## Required material:

- Local cucumber recipe card (see the following pages)
- Plates, small bowls and forks for tasting
- Aprons (optional)

### For the spring rolls

- Recipe ingredients (details on the following page)
- Kettle or microwave to boil water
- Large bowls to soak the vermicelli and rice paper wrappers
- Measuring spoons and cups
- Knives, scissors, graters and cutting boards
- Citrus press (or forks)
- Small bowls for the sauces and spoons for mixing
- Dish towels

### For the cucumber salad

- Salad ingredients (details on the following pages)
- Measuring spoons and cups
- Knives, scissors and cutting boards
- Citrus press (or forks)
- Large bowl and spoons for mixing

## Skills

### Aspect of the overall skills developed by the student:

- ☒ Affective
- ☐ Cognitive
- ☐ Moral
- ☐ Psychomotor
- ☒ Social

### Educational purpose:

Students will develop knowledge and their sense of cooperation by making the recipe with their peers.

### Professional expertise put forward by this activity:

- Planning and organizing activities that promote cooperation with peers and the development of culinary skills.

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## Instructions

Make sure students aren't allergic to any of the ingredients in the recipes. Wash your hands and thoroughly clean the table you will be preparing the food on.

### SPRING ROLLS

#### 1. Prepare the sauces

Measure and combine all the ingredients of your choice of sauce.

Creamy sauce

- 3 to 4 tbsp (45 to 60 ml) plain yogurt
- 1 tbsp (15 ml) hoisin sauce

Clear sauce

- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) lime juice
- 2 tbsp (30 ml) water
- 1 tsp (5 ml) sugar
- 1 glove garlic, chopped

#### 2. Take out the ingredients for the spring rolls (for 4 servings)

- 50 g rice vermicelli
- 1 to 2 cucumbers, seeded and cut into julienne strips
- 1/2 bell pepper, cut into strips
- 1 carrot, grated
- 1 cup (250 ml) cooked pollock, shrimp or chicken, chopped
- 4 to 6 lettuce leaves, chopped
- Fresh herbs: mint, basil, cilantro
- 8 rice paper wrappers

#### 3. Prepare the filling for the rolls

- Place the rice vermicelli in a bowl and cover with boiling water. Let sit for 5 min, or until the noodles are cooked. Drain and rinse the noodles under cold water. Set aside.

- Wash the cucumbers, carrot, bell pepper, lettuce and herbs.
- On a cutting board, cut the cucumbers and pepper into julienne strips, and chop the pollock or chicken.
- Grate the carrot using a grater. Watch your fingers!
- Using scissors cut the lettuce and fine herbs into thin strips.

#### 4. Assemble the rolls

- Immerse rice paper wrappers one at a time in a bowl of hot water to soften (about 30 sec). Carefully lay them out on a damp cloth.
- Garnish each wrapper with the desired filling: place all the ingredients in a single line in the middle near the bottom of the wrapper.
- Roll the rice paper: fold the bottom of the paper up over the filling, then fold in each side and continue to roll the rest of the sheet.
- Repeat for each rice paper wrapper.
- Serve the rolls with your choice of sauce.



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## CUCUMBER AND MINT SALAD

### 1. Take out the salad ingredients (for 4 servings)

- Fresh mint leaves, to taste
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) olive oil
- 1 1/2 tbsp (22.5 ml) plain Greek yogurt
- 2 English cucumbers, seeded and cut into half moons (3 cups/750 ml)
- Salt and pepper to taste

### 2. Assemble the salad

- Wash the mint, the lemon peel and the cucumbers.
- Juice the lemon using the citrus press (or a fork if you don't have one).
- Using scissors cut the mint into thin strips.
- In a large bowl, combine the lemon juice, oil, yogurt and mint.
- On a cutting board, cut the cucumbers into half moons (watch your fingers!) and add them to the large bowl.
- Season to taste and mix the salad.
- Enjoy!

## NOTE FOR ADULTS

To avoid injuries, use a table knife (commonly referred to as a butter knife) to chop the cucumber or scissors to cut the mint.



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## BENEFITS

### Because you don't even need to peel it!

When you eat cucumbers with their skin, your body absorbs even more nutrients and fibre. What about the pickle, you ask? It used to be that pickles were cucumbers that were harvested before full maturity. Today, different varieties are selected to produce either pickles or cucumbers.

### Because it's cool as a cucumber!

In fact, even with a hot sun beating down on your vegetable garden, the cucumber keeps its cool, with an internal temperature 6 to 8 degrees below that of the outside air. But that doesn't mean you can't savour it braised, sautéed or in a soup



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## CUCUMBER AND MINT SALAD

Portions: 3 to 4  10 min

### Ingredients

- 2 English cucumbers (750 ml or 3 cups), seeded and cut into half moons
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) olive oil
- 22.5 ml (1 1/2 tbsp) plain Greek yogurt
- Salt and pepper to taste
- Mint leaves, finely chopped, to taste

### Directions

1. Combine the lemon juice, oil, yogurt and mint.
2. Add the cucumbers and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD

### TIP!

Salting a cucumber: When preparing a cucumber salad, it's a good idea to salt the cucumber first to avoid an overly watery salad. Place your cut cucumber in a colander with a big pinch of salt and let sit for 30 min.



### COOKING WITH KIDS!

Worried about letting your kids handle a knife when helping you in the kitchen? Instead, suggest that they use a bread knife to cut a peeled cucumber or scissors to cut mint.



## SPRING ROLLS

Portions: 4  20 to 25 min  5 to 10 min

### Ingredients

- 50 g rice vermicelli
- 8 rice paper wrappers
- 1 to 2 cucumbers, seeded and cut into julienne strips
- 1 carrot, grated
- 1/2 pepper, cut into thin strips
- 250 ml (1 cup) pollock, shrimp and/or chicken, chopped
- 4 to 6 lettuce leaves, chopped
- Fresh herbs: mint, basil, coriander

### Directions

1. Place the vermicelli in a bowl and cover with boiling water. Let sit 5 min, or until the noodles are cooked. Drain and cool under cold water. Set aside.
2. Immerse the rice wrappers one at a time in a bowl of hot water to soften (about 30 sec). Carefully lay them out on a damp cloth.
3. Garnish each wrapper with the desired filling: place all the ingredients in a line near the bottom of the sheet, leaving room on the sides.
4. To roll the rice paper, fold the bottom of the wrapper up over the filling, then fold in each side and continue to roll the rest of the sheet.
5. Repeat for each rice paper wrapper.
6. Serve the rolls with a bit of sauce (see note).

### Note

#### Creamy sauce

- 45 to 60 ml plain yogurt
- 15 ml hoisin sauce

#### Clear sauce

- 15 ml fish sauce
- 15 ml rice vinegar
- 15 ml lime juice
- 30 ml water
- 5 ml sugar
- 1 glove garlic, chopped

Source: Julie Strecko, RD