

Bonding over Food During the Pandemic

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I am a strong believer in bonding over food so my focus on team building and outreach to those working from home is bonding over a meal. Before Covid, I held small cooking sessions for a small fee and all proceeds went to a sponsored charity.

I like the idea of a “Foodie” group where a small group of coworkers and friends visit eateries that serve authentic ethnic dishes in the Twin Cities, so I have started to organize possible COVID compliant activities with interested staff.

For a possible group lunch activity during the conference, I can share a quick recipe that we can prepare together. Ingredients can be gathered and prepped ahead of time, and I will facilitate the preparation virtually. Do it along with me, do it ahead of time, or just watch--but afterward, let's eat together!

This recipe has a vegan version, a fish version, or meat of your choice.

Poke bowl (Salmon, Tuna, tofu, or choice of cooked protein)

Ingredients: Fish version

6-8 ounces of skinless Sushi grade Salmon/Tuna

1-2 tablespoons soy sauce

1/2 – 1 Lime/lemon or more (juiced)

1 tablespoon sesame oil

1 avocado

1 carrot (peeled)

2 scallion stalks (washed)

Napa lettuce or cabbage (purple for color variety, washed and dried)

1 pack of snack roasted seaweed

Peanuts or sesame seeds

Sriracha or chili (optional)

Cooked rice (optional) or you can use lettuce and make a salad instead

1 pinch of little salt

Extra veggies like radish, cucumbers, Edamame are optional to add to your bowl

If using other proteins: I love using rotisserie chicken breasts from Costco or Sam's club, they are cooked and ready to go and a big time saver. Or you can dice the protein of your choice, sprinkle with a little salt and pepper and cook in a frying pan with a little oil to the doneness that you prefer ahead of time, then follow the directions below.

Ingredients and extra step for Vegan option (these steps can be prepped ahead of time)

1. 1 pack of medium firm tofu, drain the liquid, let rest in colander for 30 minutes to further drain off the liquid. Then cut into 4 rectangle pieces then put in Ziploc bag. Add in 2 tablespoons of soy sauce, seal bag and let air out as much as possible, flip bag a couple times to coat, then put bag fridge over night to marinade the tofu.
2. When you're ready to use then remove from fridge, dice the tofu to bite sizes then put in air fryer to fry for 10 minutes at 350 degrees. If you don't have an air fryer then you can do pan frying with a couple tablespoon of oil on medium high and turn the tofu after cooking 3-5 minutes on each side to brown. Remove from the pan and start with directions below.

Directions:

1. Dice the fish and put into a small bowl then add in the soy sauce, sesame oil, ½ the lemon juice, and cut the scallions, chili, and toss to coat, set aside.
2. Cut the cabbage or Napa lettuce and add the other ½ to full lemon juice and pinch of salt and toss or massage then set aside. Make extra here if you are using them as the base for your bowl
3. Use a cheese shredder and shred the carrots into strings
4. Cut the avocado and cube ½ of it

5. Open the roasted seaweed and use scissors to cut a couple sheets into strips
6. Ready to assemble: fill your bowl with rice or lettuce then add in a good portion of the fish/tofu mix into the middle of bowl. Then add other prepared ingredients around your bowl, top with crushed peanuts and sesame seeds and enjoy. Add extra soy sauce to taste if needed.

Shopping List: Hyvee, Fresh thyme, Cub Foods, should have all of these available for purchase.

___ 1-3 cups of Jasmine rice or Sushi short grain rice, but you can use brown rice or even Quinoa if preferred. Cook these per package instructions ahead of time so they're ready for use

___ 6-8 ounces skinless, boneless fish or 1 pack of medium, firm or extra firm tofu, or protein of choice

___ 1-2 lime/lemon

___ 1 small bottle Sesame oil

___ 1 small bottle of soy sauce or if you have soy sauce packs from take outs then use a couple of them

___ 1 avocado

___ 1 small pack of carrots

___ 1 small head of Napa lettuce or cabbage if you can't find Napa

___ 1 bunch of scallions

___ 1 small pack of roasted seaweed snack pack (Costco/Sam's sell large packs of these)

___ Sesame seeds/Peanuts (optional)

___ Siracha/Chili paste (optional)

___ Extra veggies like radish, cucumbers, Edamame are optional to add to your bowl

