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My Sustainable Dinner REPORT:

For my sustainable supper I decided to make Korean cuisine. I have several reasons for this; one of them being that we had quite a few Korean-style condiments and vegetables we needed to use up quickly. The second reason is because everyone in my family enjoys Korean food; this meant that I would have less food left over at the end of the meal = less waste!

The table below shows what I made for dinner last night, as well as the ingredients I used:

Entree:	Side:	Main:	Drink
Scallion pancakes with soy-sesame dressing	Seasoned spinach with garlic and sesame	Gamja Jorim (Korean braised potatoes with carrots and onions in a spicy sauce)	Iced green tea

Ingredients List: (all the produce I bought were locally grown and fresh; I could only find some which were organic) ○ = Organic

* I converted VND prices to USD for a rough cost reference:

For the Entree:

- 1 bunch of scallions - ○ **\$1.30**
- Flour and cornstarch

For the Side:

- 1 bunch of spinach - ○ **\$2**
- Toasted sesame seeds

For the Main:

- 4 medium-large potatoes - ○
- 2 medium carrots - ○ **50c**
- 2 large onions **\$1**

Extra ingredients for sauces and flavour:

- Sesame oil
- Soy sauce
- Gochujang (Korean spicy chili paste)
- Cracked black pepper
- Garlic
- Sugar

My rendition of a Sustainable Supper:



Meal Preparation:

Since I was making a three-course dinner I had to make sure I planned out each of the recipes time efficiently so I could properly organise the meal.

First, I decided to make the side dish which was seasoned spinach. I prepared this the night before by washing, chopping and blanching the spinach, then seasoning it with a sesame sauce. I then left this to marinate in the fridge overnight for the flavours to seep through.

The next afternoon (the day of the dinner) I started by preparing the scallion pancakes, and then leaving them on a plate to cool while I made the main meal. Everything was pretty easy to put together as I only had to wash, chop and stir fry the ingredients in a pan with the addition of some sauces.

The recipes below are all the ones which I used for this meal preparation. I changed some ingredients to suit what we already had at home and to also make the pancakes 100% vegan. As much as I wished to make the main meal also plant-based, my mum had already left chicken (locally raised) in the fridge which needed to be used up.

Gamja Jorim:

<https://futuredish.com/gamja-jorim/>

<https://www.koreanbapsang.com/gamja-jorim-braised-potatoes/>

Seasoned Spinach:

<https://www.thespruceeats.com/korean-seasoned-spinach-sigumchi-namul-recipe-2118874>

Scallion Pancakes:

<https://www.saveur.com/pajeon-korean-scallion-pancakes-recipe>

<https://houseofnasheats.com/korean-pancakes-scallions-pajeon/>

How much money did I spend?

My whole meal costed around \$6.80 for everyone in the family excluding ingredients we already had at home such as flour, sugar, cornstarch and sauces. The reason why I excluded these ingredients out of the total cost is because:

- a) We already had these ingredients in our pantry for several months and I am not sure of how much they costed at the time of purchase.
- b) It is hard to determine the real cost of the flour, sugar, sauces etc used in the recipes as only small amounts were utilised.

But if I was to fully calculate the cost of *all* the ingredients used I would estimate the whole meal would be around \$8 - \$10. Divide this amount by 5 (the number of people in my family), and each person's meal would approximately cost \$1.50 - \$2. This means that I succeeded my goal of keeping my meal under \$4 per person.

How did I keep the costs so low?

Groceries in Vietnam are really cheap due to low wages and other socio-economic factors. For this reason I was easily able to obtain fresh produce for a decent price. Organic produce is really difficult to find here, but one of the big major supermarkets in my region called Big C had a fridge and shelving unit which stocked a few organic items such as scallions, spinach, onions and carrots. Organic produce is usually very expensive, but this wasn't particularly the case at the place I went to as you can see with the table I constructed.

What did I do with waste and food scraps?

The recipes I used required minimal waste; all the vegetables I bought were minimally wrapped or fully unwrapped meaning there was little plastic involved in the process. Vegetables such as spinach and chives didn't produce rubbish as they didn't need to be peeled before use. Of course, this was different for other ingredients such as potatoes, carrots and onions which needed to have bits and pieces removed before use. I discarded the onion skin into the bin as I

thought it would be too hard to degrade in our garden, but I used thinner peels such as the carrots and potatoes for compost.

My Photo Essay:

I started by chopping up these fresh local vegetables for my main meal.

Next I made the tasty scallion pancakes! My brother even helped me cook them! :)

MY SUSTAINABLE SUPPER

Seasoned Spinach

Gamja Jorim

Scallion Pancakes

Everyone enjoyed the meal and I took one helping of leftovers to school the next day :)

This is what I made; my entree, side and main! Iced green tea was served after!