



List of Supplies Needed

Mushroom Larb (Laab)

General

- Recipe

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Small skillet
- Wooden spoon
- Spice grinder or mortar & pestle
- Airtight container
- Medium pan
- Strainer
- Medium mixing bowl
- Spoon

Food & Produce

- Short grain or brown rice
- Olive oil
- Mushrooms
- Green onions
- Shallot
- Cilantro
- Mint
- Lime juice
- Fish sauce
- Toasted rice powder
- Crushed red chili flake
- Lettuce leaves
- Larb (Laab) seasoning
(available at Asian grocery stores & online)

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/recipes

