

A Spoonful of Time



COOKING ACTIVITY KIT

ADAPTED AND INSPIRED BY FLORA AHN'S *A SPOONFUL OF TIME*

Dear Reader,

My novel, *A Spoonful of Time*, originated at tables laden with hot bowls of fermented soybean soup, sizzling pieces of beef, and little side dishes filled with an array of flavors, from spicy kimchi to seasoned seaweed. As we chewed and slurped our way through these meals, my mom and dad would tell me stories of their childhoods. I learned about how my mom would use her bus money to buy her favorite crunchy snack that she would slowly crumble up to eat as she walked home. I heard about my dad going on hikes with friends and eating stuffed rolls and hard-boiled eggs for nourishment.

In *A Spoonful of Time*, Maya loves to cook with her grandmother—her Halmunee—to connect with the rich family history associated with each Korean dish, a history Maya's mom would prefer to leave in the past. While cooking with Halmunee one day, something remarkable happens: the food creates such a strong memory that it physically transports Maya and Halmunee back in time into the memory itself. As Halmunee explains, the women in their family have the gift of time-traveling through food—and Maya has it, too. Maya learns that time moves in ways she couldn't imagine, and sometimes families keep their memories secret to protect the ones they love.

You may enjoy trying out the recipes in the book, from mellow and savory tteokguk to ring in the new year to half-moon-shaped songpyeon to kick off the harvest festival. This story and these recipes are a reflection of myself, my family, and all the meals we've shared together. I hope that you delight in entering the magical and yummy world of *A Spoonful of Time*.

Sincerely,

Fl Al



MAYA & HALMUNEE'S BINDAETTEOK RECIPE

By Halmunee, edited with specific measurements by Maya!

Dried mung beans (2 cups)

Water ($\frac{3}{4}$ –1 cup, plus more for soaking)

Salt ($\frac{1}{2}$ tsp)

Soy sauce (2 tsp)

Garlic (1 tsp minced)

Sesame oil (1 tbsp)

Additional ingredients as desired: green onions, kimchi, mung bean sprouts, and/or chopped meat or seafood

Vegetable oil for frying



DIPPING SAUCE

2 tbsp soy sauce

1 tbsp rice vinegar

Gochugaru (red pepper flakes) to taste

1. Rinse the dried mung beans and soak in water for 5–6 hours until soft. Drain.

2. Blend the mung beans with the water and salt.

3. Combine the mung beans with the soy sauce, garlic, and sesame oil.

4. Add whatever additional ingredients you want to use, such as sliced green onions, mung bean sprouts, chopped kimchi (1 cup), and/or chopped meat or seafood.

5. Heat a little bit of vegetable oil in a pan over medium heat.

6. Pour some of the batter onto the pan in the form of a pancake.

7. Cook until the batter is golden brown.

8. Flip pancake and cook for a couple more minutes until golden brown on both sides and slightly crisp along the edges.

9. Repeat with the rest of the batter.

10. For dipping sauce, mix together soy sauce and rice vinegar. Add some gochugaru (red pepper flakes) for an extra kick of spice.

11. Eat while hot, with dipping sauce!



MY FAVORITE FAMILY RECIPE

Cooking with friends and family is a special experience—especially when you get to make your favorite recipes. When Maya starts cooking with Halmunee, she writes down the recipes (with her own notes!) so that she can make them again later. Write down your favorite family recipe.

RECIPE NAME: _____

INGREDIENTS AND INSTRUCTIONS:

[illegible]

INGREDIENT MEASUREMENT CHEAT SHEET

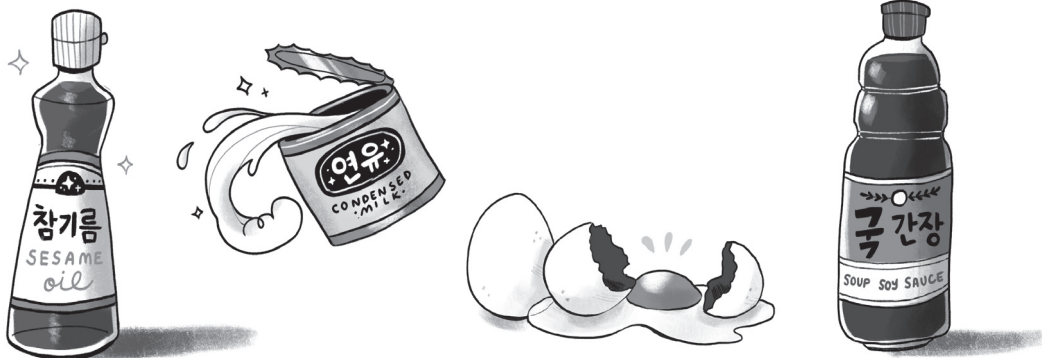
One of cooking's best-kept secrets is that it can involve a surprising amount of math. For example, what if you want to double or halve your favorite recipe? You can't commit all possible conversions to memory, but here are a few basic ones you should know.

VOLUME MEASUREMENTS

- 4 quarts = 1 gallon
- 2 pints = 1 quart
- 2 cups = 1 pint
- 1 cup = 8 fluid ounces
- 4 tablespoons = $\frac{1}{4}$ cup
- 2 tablespoons = 1 ounce
- 3 teaspoons = 1 tablespoon

COMMON CONVERSIONS

- 1 stick butter = 8 tablespoons = 4 ounces
- 1 garlic clove = $\frac{1}{2}$ teaspoon minced garlic
- Juice of 1 lemon = $\frac{1}{4}$ cup lemon juice
- 1 bunch scallions = 1 cup chopped scallions
- 1 medium onion = 1 cup chopped onion

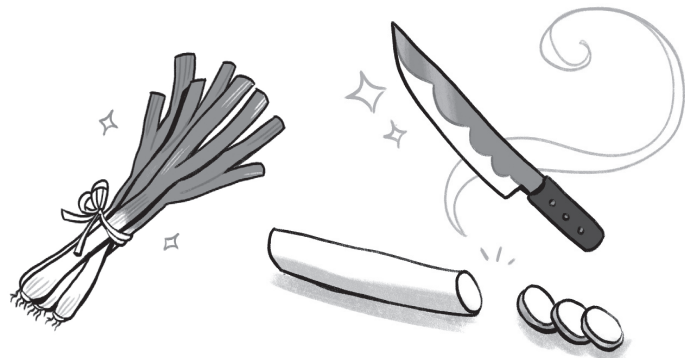


DINE AND DANCE!

Cooking is more fun with music. Create a playlist of songs to listen to while you're making food.

MY COOKING PLAYLIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



HOST A POTLUCK DINNER PARTY

One of the best things about cooking (besides eating all the delicious food you've just made) is sharing a meal with someone special. Host your own potluck* dinner (or lunch) and get ready to make some tasty memories with friends.

* A potluck is a meal at which every person brings a dish to share with others.

TIPS FOR A SUCCESSFUL POTLUCK

- 1. PICK A THEME.** Whether you're celebrating a holiday or just want to share your favorite recipes, having a theme will give everyone an idea of what to make. For instance, a Halloween potluck might have lots of spooky snacks—but a Valentine's Day potluck might be filled with sweet treats.
- 2. INVITE YOUR FRIENDS.** Make a list of people you want to invite. You can invite as many people as you want. That's the fun of a potluck: because everyone brings something, there's always plenty of food.
- 3. COORDINATE MEALS.** Unless you want to have five mac and cheese dishes, it's best to keep a list of what foods everyone is bringing. Try to make sure there are a variety of options that fit your theme. (Although eating five different bowls of mac and cheese doesn't sound bad either!)
 - *Tip: Don't forget the drinks!*
- 4. GET READY.** In addition to cooking your own dish, don't forget to have enough plates, cutlery, and napkins available for your guests. Otherwise you're going to have plenty of food and nowhere to put it!
- 5. TIME TO PARTY!** When your guests arrive and you're ready to eat, invite everyone to help themselves to all the delicious food and drinks. Keep the conversation going by asking about everyone's dish. Where did they learn the recipe? Have they made it before? What was the most fun part of making the dish?

POTLUCK THEME IDEAS

HOLIDAYS: Valentine's Day, Independence Day, Juneteenth, Halloween, etc.

FAVORITE FOODS: Everyone brings their favorite food.

INTERNATIONAL CUISINES: Cook a meal from another country or culture that's different from your own.

SNACK PARTY: Bring your favorite homemade snack.

SWEET TREATS: Have a desserts-only party with cakes, cookies, and candy.

ABOUT THE BOOK

When You Reach Me meets *Love Sugar Magic* in this unforgettable middle grade novel where time travel, family recipes, and family secrets collide.



Hardcover ISBN: 978-1-68369-318-5

Price: \$16.99 US (\$22.99 CAN)

Ages 8 to 12

Grades 4 to 7

Maya's grandmother, Halmunee, may be losing her memory, but there's something almost magical about the way she cooks. Whether Halmunee serves salty miyeokguk or sweet songpyeon, her stories about Korea come to life for Maya.

Then one day, something extraordinary happens: a single delicious bite of patbingsu transports Maya and Halmunee back into one of Halmunee's memories. Suddenly they're in Seoul, and Halmunee is young.

This is just the first of many secrets Maya will uncover: that she and her grandmother can time-travel, and they aren't the only ones with this ability. As Maya eats her way through the past, her questions multiply—until a shocking discovery transforms everything she thought she knew about family, friendship, loss, and time itself.

Brimming with heart and interspersed with seven family recipes that readers can make themselves, this is a story to savor.

ABOUT THE AUTHOR



Flora Ahn is an attorney by day and an author and illustrator by night. Her work includes a children's chapter book series, *Pug Pals*, and an Audible Original, *The Golden Orchard*. Raised in California by her Korean immigrant parents, Ahn lives in Virginia with her two pugs and practices law in Washington, DC.