

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



ASIAN LETTUCE WRAPS

Serves 4-6 as an entrée; 8-10 for appetizers

Ingredients:

1 tablespoon olive oil
1 large onion, finely diced
6 large cloves garlic, crushed
1-1/2 tablespoons grated ginger, about 2 inches
1 pound ground chicken
8 oz. button mushrooms, finely chopped
8 scallions, thinly sliced, crosswise
2 cans (8-oz. each) water chestnuts, finely diced

Sauce

3 tablespoons hoisin sauce
4 tablespoons soy sauce
2 tablespoons fresh orange juice
1 tablespoon rice wine vinegar
1 tablespoon hot sauce
1 tablespoon hot mustard
2 teaspoons sesame oil

Wraps

2 heads lettuce (iceberg, butter lettuce, or romaine hearts)
Optional sauces: soy sauce, hot mustard, or hot sauce

Directions for Asian Lettuce Wraps

1. **PREP** the aromatics – chop the onion, crush the garlic, and grate the ginger.
2. **SAUTÉ** the onion with 1 tablespoon of olive oil until translucent and tender.
3. **ADD** the garlic and ginger to the onion and sauté for an additional minute. **ENJOY** all of the aromas that are now swirling around the kitchen. **REMOVE** the cooked onions, garlic, and ginger from the pan setting aside in a bowl.
4. **BROWN** the ground chicken until nearly cooked through. With a spoon, **CRUMBLE** the cooking chicken into small pieces as it cooks.

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5. **WHISK** the sauce together in a small bowl as the chicken cooks.
6. **ADD** the mushrooms, finely chopped, to the cooking chicken. Continue sautéing the chicken-mushroom mixture until any liquid released from the mushrooms has steamed away.
7. **RETURN** the cooked onion-garlic-ginger mélange to the chicken. **HEAT** through. **ADD** the sliced scallions and water chestnuts. Again, **HEAT** thoroughly.
8. **POUR** the sauce over the chicken and vegetables, **HEAT** well.
9. **WASH** and pat dry individual lettuce leaves. **SERVE** the filling on one platter, the lettuce leaves on another. **ALLOW** guests to fill and fold, and **TOP**, if desired, with additional sauce choices such as soy sauce, hot mustard, or hot sauce.