



# In the Kitchen

with Barb Agee ~ June 2015

## Wrappin' It Up-Asian Lettuce Wraps

Want to be the coolest cook on the block this summer - make wraps. Lettuce wraps make for a fresh burst of crunch and flavor using a variety of summer vegetables seasoned with tantalizing herbs and spices.

### Vietnamese Vegetarian Wraps with Mango

5 ounces maifun rice sticks *	1 cup fresh bean sprouts
¼ cup seasoned rice wine vinegar	1 cup mango, chopped
2 tablespoons fresh lime juice	½ cup green onion, white and green parts, sliced
1 teaspoon Asian-style fish sauce	¼ cup fresh basil, chopped
¼ to ½ teaspoon crushed red pepper	¼ cup fresh mint, chopped
3 drops lime oil <i>or</i> 1 teaspoon fresh lime zest	2 tablespoons black sesame seeds
1 tablespoon vegetable oil	8 large Boston or Bibb lettuce leaves
1½ cups carrot, grated	1 cup cashew nuts, coarsely chopped

Cover noodles with hot water in a large bowl; let sit 10 minutes. Drain and rinse with cold water; drain again to remove all excess water.

Combine vinegar, lime juice, fish sauce, red pepper, lime oil and vegetable oil in a large bowl. Add the noodles and toss to coat evenly. Add the carrot, bean sprouts, mango, green onion, basil, mint, sesame seeds and cashew nuts and mix well.

Place noodle mixture in each of the lettuce leaves. Extra mixture can be refrigerated for later use.

\* **Instructor's Note:** Maifun rice sticks are very thin noodles made from ground rice, cornstarch and water. They do not require cooking, only soaking before eating.

### Spicy Thai Basil Chicken Wraps

4 teaspoons canola oil, divided	2 teaspoons brown sugar
½ cup shallots, minced	2 teaspoons soy sauce
½ red sweet pepper, thinly sliced	¼ teaspoon freshly ground pepper
2 tablespoons fresh garlic, minced	1 cup Thai basil leaves <i>or</i> sweet basil leaves
1 pound ground chicken	1 tablespoon fresh lime juice
2 Thai or serrano chiles, minced	8 Boston or bibb lettuce leaves
1 tablespoon fish sauce	4 lime wedges

Heat a large non-stick skillet over medium-heat heat. Add 2 teaspoons oil to pan; swirl to coat. Add shallots; sauté for 2 minutes. Add sweet pepper; sauté for 1 minute. Add garlic; sauté for 30 seconds. Remove from skillet and set aside. Add remaining 2 teaspoons of oil to skillet; swirl to coat. Add chicken; cook for 4 minutes or until browned, stirring to crumble. Drain well. Return chicken to pan over medium heat. Add chiles; cook 1 minute. Add shallot mixture to pan. Mix fish sauce, brown sugar, soy sauce and ground pepper; add to chicken mixture. Cook 1 minute. Remove pan from heat; stir in basil and lime juice. Serve immediately on lettuce leaves with lime wedges.



## Asian Pork Wraps with Teriyaki Sauce and Mint

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| 1 pound lean pork                                  | 2 teaspoons sugar                                      |
| 1 sweet red pepper, cored and cut into matchsticks | ¼ teaspoon red pepper flakes                           |
| 4 scallions, trimmed and thinly sliced             | 1 teaspoon sweet chili sauce                           |
| 3 cloves garlic, thinly sliced                     | 2 tablespoons peanut butter (creamy or crunchy)        |
| 1 cup Napa cabbage, thinly sliced                  | ½ cucumber, shaved into strips with a vegetable peeler |
| 3 tablespoons teriyaki sauce                       | ½ cup fresh mint leaves                                |
| 2 tablespoons fresh lime juice                     | 8 Boston or Bibb lettuce leaves, separated             |
| 2 tablespoons rice vinegar                         |  |

Heat a large nonstick skillet over medium-high heat. Crumble ground pork and cook, breaking apart with a spatula, for 4 minutes. Add sweet pepper, scallions and garlic and cook for 2 minutes. Stir in Napa cabbage and serve immediately.

While meat is cooking, whisk together teriyaki sauce, lime juice, vinegar, sugar, red pepper flakes, sweet chili sauce and peanut butter.

Layer cucumber, meat mixture and mint leaves into lettuce leaves. Roll up and eat with dipping sauce.

## Five Spice Beef Wraps with Water Chestnuts

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| ½ cup soy sauce                      | 1 tablespoon vegetable oil                   |
| ½ cup brown sugar                    | ⅓ cup dry sherry                             |
| 2 tablespoon garlic, minced          | 1 cup water chestnuts, thinly sliced         |
| 1 tablespoon fresh ginger, minced    | 1 cup scallions, thinly sliced               |
| 2 tablespoons apple cider vinegar    | 1 cup radishes, thinly sliced                |
| 2 tablespoons toasted sesame oil     | 1 cup sugar snap or snow peas, thinly sliced |
| 1 tablespoon ketchup                 | ½ cup cilantro leaves                        |
| ½ teaspoon red pepper flakes         | ½ cup dry-roasted peanuts, coarsely chopped  |
| 1 teaspoon Chinese five-spice powder | Pineapple Rice ( <i>see recipe below</i> )   |
- One approximately 1¼ pound flank steak, thinly sliced and cut into 1½-inch pieces  
8 large Napa cabbage or romaine lettuce leaves, thick stems removed

Arrange vegetables on a large serving platter and refrigerate until ready to serve.

Combine soy sauce, brown sugar, garlic, ginger, vinegar, sesame oil, ketchup, pepper flakes, five-spice powder and steak in a large re-sealable plastic bag. Chill 1 to 2 hours turning bag over occasionally. Drain steak in a sieve saving the marinade for the sauce.

Boil marinade in a saucepan for 10 minutes or until thick; strain and discard the solids. Keep warm until ready to serve. Heat a large skillet over medium-high heat; add oil and swirl to coat. Add meat and sauté until seared on both sides; 3 minutes. Add sherry and continue to cook for 1 minute until sherry is evaporated. Remove to a serving dish.

To serve, have each person assemble their own wrap. Start with cabbage leaf, then add some beef and vegetables and drizzle with reduced sauce. Serve with Pineapple Rice (*see recipe below*)

### Pineapple Rice

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|--------------------------------|-----------------------------|
| 1 cup low-sodium chicken broth | 1 cup long grain rice       |
| 1 cup pineapple juice          | ⅓ cup diced fresh pineapple |
| 1 teaspoon sugar               | ½ cup sliced scallions      |
| ¼ teaspoon salt                |                             |

Bring broth, pineapple juice, sugar and salt to a boil in a saucepan over high heat. Stir in rice, cover, reduce heat to low and simmer until liquid is absorbed, about 15 minutes. Remove from heat; let rice stand 5 minutes. Fluff with a fork; stir in pineapple and scallions *Makes 4 cups*

