



Chicken Lettuce Wraps

Ingredients

vegetable oil	1 tbsp
minced garlic	1 tsp
Chicken Mix (see below)	
Chicken Mix Sauce (see below)	2.5 oz
chopped scallions	2 tbsp
sesame oil	1 tbsp
rice sticks	1 cup
iceberg lettuce cups	6
Dipping Sauce (see below)	2 oz



Procedure

1. Heat wok to high.
2. Coat with oil.
3. Add garlic and Chicken Mix, toss.
4. Add Chicken Mix Sauce, toss and break up bigger pieces of chicken.
5. Add chopped scallions and sesame oil, toss.
6. Toss until heated through; remove from wok.
7. Place over a plate of rice sticks.
8. Serve with lettuce cups and dipping sauce on the side.

Chicken Mix – Ingredients and Procedure

chicken, ground	1 pound
shiitake mushrooms	¼ pound
water chestnuts, sliced	¼ pound
salt and pepper	¼ tsp, each

1. Hydrate mushrooms by soaking in cool water, covered, overnight. Let drain and squeeze out excess water.
2. Cook ground chicken with salt and pepper; remove from heat.
3. Drain and chop water chestnuts; add to cooked chicken.
4. Chop mushrooms to equal size (about a quarter of an inch square); add to cooked chicken.
5. Thoroughly mix all ingredients together and remove all excess liquid from mixture.

Chicken Mix Sauce – Ingredients and Procedure

Mix the following ingredients with a whisk; set aside 2 oz for Dipping Sauce:

soy sauce	¼ cup
rice wine	¼ cup
sugar	1 tsp
black pepper	¼ tsp

Dipping Sauce – Ingredients and Procedure

Using 2 oz of Chicken Mix Sauce, mix the following ingredients with a whisk:

mustard powder	½ tsp
hot sauce (sriracha, tobasco, etc)	½ tsp