

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Money Saving Meals: Asian Lettuce Wraps

Time: 25 minutes
Prep time: 10 minute
Cook time: 15 minutes

Supplies/ Materials:

- ☐ Chef's knife
- ☐ Cutting board
- ☐ Mixing spoon
- ☐ Whisk
- ☐ Measuring cups
- ☐ Mixing bowls
- ☐ Large skillet
- ☐ Induction burner or stove top

Ingredients

- ½ cup hoisin sauce
- ¼ cup reduced-sodium soy sauce — plus 1 Tbsp
- 2 Tbsp rice vinegar
- 2 tsp sesame oil
- 1 Tbsp extra-virgin olive oil
- 1 pound ground beef (sub with turkey, chicken or pork)
- 1 small bunch green onions — thinly sliced
- 1 Tbsp freshly grated ginger
- 2 cloves garlic — minced (about 2 tsp)
- ¾ cup grated carrot
- ½ tsp red pepper flakes (optional)
- 1 can (8oz.) water chestnuts, drained and finely chopped
- 1 head butter lettuce



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Preparation

Activity	Instructions
Kitchen Safety	Wash hands with soap and warm water for 20 seconds. Dry hands and begin meal preparation.
Time for "Mise En Place" (a French term that means "to put everything into place")	In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
Brown the meat	Heat the olive oil in a large skillet over medium high. Add the ground beef and brown the meat, breaking it into small pieces. Continue cooking until no longer pink, about 6 to 8 minutes. Stir in half of the green onions, ginger, and garlic. Cook 30 additional seconds.
Complete filling	Add sauce to browned meat and let cook for several minutes. Toss in water chestnuts and cook until heated through and sauce thickens slightly.
Assemble wraps	Scoop a spoonful of filling into lettuce leaves, roll up and enjoy.