

Kentucky Farm to School Junior Chef



Turkey and Veggie Lettuce Wraps

Trigg 4-H Finest Chefs- Trigg County 4-H Culinary Team

Ingredients:

4 tsp. Sesame oil, divided

4 tsp. Olive oil, divided

1 lb. Ground Turkey

1 Cup Chopped Cauliflower

1 Cup Chopped broccoli

½ Cup Grated Carrots

½ Cup Chopped onion

2 Cups Shredded Cabbage

For the Sweet and Sour Sauce

¾ Cup Chicken Broth

¼ Cup White Vinegar

¼ Cup Granulated sugar

1 Tbsp. Light soy sauce

½ Cup Jellied Cranberry Sauce

4 Garlic Cloves, finely minced

½ Cup Chopped Red Bell Pepper

1 tsp. Freshly grated ginger

¼ tsp. Ground black pepper

8 Basil leaves, cut into chiffonade

¼ Cup Stir-fry Sauce

1 Tbsp. Light soy sauce

12 Romaine lettuce leaves, rinsed and drained

2/3 Cup Pineapple Juice

1 tsp. Dried ginger

3 Red cinnamon candy discs

3 Tbsp. Cornstarch

¼ cup Cold water

Directions:

Heat 1 tablespoon of sesame oil and 1 tablespoon of olive oil in a wok over medium high heat. Add the ground turkey and cook until done, breaking the meat apart as it cooks. Drain and set aside. Add the remainder of the oils and bring to medium heat. Add the vegetables to the wok in the order they are listed and stir fry for one to two minutes each. Return the turkey to the wok, and stir the ginger, pepper, and basil. Heat thoroughly. Remove from the heat and stir in the stir fry sauce and soy sauce.

Wash and dry Romaine lettuce. Place a single Romaine leaf on a clean surface. Spoon about ¼ cup of the turkey and vegetable mixture into the center of the lettuce leaf. Put sweet and sour sauce in sample cups and place on plate. Garnish. Fold in sides and lift to eat.

For the Sweet and Sour Sauce:

Combine the chicken stock, vinegar, sugar, soy sauce, cranberry sauce, pineapple juice, and ginger in a medium pan. Bring to a boil. Reduce the heat and simmer for 10 minutes. Combine cornstarch and water and mix until smooth. Add to the simmer mixture, stirring occasionally. Heat until thickened. Cool and serve with lettuce wraps.