DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Maggie Mayes					
CATEGORY *Please check one*	XX Appetizer	Main Dish	Side Dishes	Healthy Desserts	
COUNTY Upshur					
AGE DIVISION	Junior	Intermediate	XX Senior		

Name of Recipe: Asian Lettuce Wraps		
Prep Time: 35 Minutes	**Cook Time:** 15 Minutes	**Cost:** $9.47

Type Recipe Here:

Asian Lettuce Wraps

Ingredients
Chicken Mixture:
1 ½ pounds skinless, boneless chicken thighs, coarsely chopped
1 (8 ounce) can water chestnuts, drained and minced
1 cup diced shiitake mushroom caps
½ cup minced yellow onion
cup chopped green onion
1 tablespoon soy sauce
1 tablespoon freshly grated ginger
2 teaspoons brown sugar
Glaze:
¼ cup chicken stock
¼ cup rice wine vinegar
4 cloves garlic, minced
1 tablespoon ketchup
1 tablespoon soy sauce
2 teaspoons sesame oil
2 teaspoons brown sugar
½ teaspoon red pepper flakes
½ teaspoon dry mustard
2 tablespoons vegetable oil
1 ½ tablespoons chopped fresh cilantro, or to taste
1 ½ tablespoons chopped fresh basil, or to taste
1 ½ tablespoons chopped green onion, or to taste
16 leaves iceberg lettuce, or as needed

Directions

Step 1
Stir chicken, water chestnuts, mushrooms, yellow onion, 1/3 cup green onion, 1 tablespoon soy sauce, ginger, and 2 teaspoons brown sugar together in a bowl. Pat mixture down, cover the bowl with plastic wrap, and refrigerate until ready to use.
Step 2
Whisk chicken stock, rice wine vinegar, garlic, ketchup, 1 tablespoon soy sauce, sesame oil, 2 teaspoons brown sugar, red pepper flakes, and dry mustard together in a bowl until glaze is well-mixed.
Step 3
Heat vegetable oil in a heavy nonstick skillet over high heat. Cook and stir chicken mixture in hot oil until chicken no longer looks raw, about 2 minutes. Pour 1/2 of the glaze mixture into chicken mixture; cook and stir over high heat until chicken begins to caramelize and brown, 10 to 15 minutes.
Step 4
Reduce heat to medium-low, pour remaining glaze into chicken mixture, and cook until heated through and slightly reduced, about 3 minutes more. Stir in cilantro, basil, and 1 1/2 tablespoons green onion. Transfer chicken mixture to a bowl and serve with lettuce leaves to wrap.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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