

Dad's Wonton Lettuce Wraps

Recipe: Melissa Schenker/Foodie for Two

Serves two foodies, makes 5 to 6 wraps

Ingredients:

Soy Dipping Sauce

½ cup soy sauce (low-sodium if available)
1/8 teaspoon freshly grated ginger, skin removed
1 tablespoon sliced scallions
1 clove garlic, mashed whole
1 tablespoon cilantro, finely chopped
1/8 teaspoon rice wine vinegar

Fried Wonton Strips

Vegetable oil
5 to 6 wonton wrappers or 2 to 3 eggrolls wrappers, sliced into thin strips

Filling

¼ medium yellow onion, diced (about ½ cup)
1 large carrot peeled and grated (about ¾ cup)
½ cup golden raisins
½ pound lean ground meat (or chicken, turkey)
2 to 3 tablespoons of dipping sauce
1 tablespoon cilantro, rough chopped
1 small clove garlic, finely minced/grated
¼ teaspoon freshly grated ginger
1/8 teaspoon lime zest
Olive oil or vegetable oil
Salt
Pepper

Family Style Platter - Serve

4 to 5 whole leaves of butter lettuce
Wonton filling (keep hot until ready to serve)
Small bowl of Soy Dipping Sauce with spoon
Fresh cilantro leaves, from 4 to 5 sprigs of cilantro
Fried wonton strips



Directions:

Soy Dipping Sauce: To a small bowl or glass measuring cup, add the soy sauce, ginger, scallions, garlic, cilantro and rice wine vinegar - mix well with a fork. Let the dipping sauce sit for at least an hour before serving to allow the flavors to develop. Can be made one day ahead, cover & refrigerate. (Sauce will keep in refrigerator for 3 or 4 days.)

Fry the wonton strips: Add oil to a small sauce pan with tall sides, enough so oil is about 1 inch deep and heat to 350° over medium-high heat (do not leave pan unattended). Cut the wontons into very thin strips and gently run your fingers through them to loosen. Fry in small batches until lightly golden brown, about 3 to 5 minutes. Let drain and cool on a plate lined with paper towels; season with salt and pepper while still hot.

Filling: In a medium skillet over medium heat, add 1 teaspoon oil and the onions. Sauté until translucent, about 5 minutes. Add the grated carrots along with a few drizzles of oil and continue sautéing for another 3-4 minutes, until carrots are almost tender. Mix in raisins and transfer to a medium bowl.

In the same skillet over medium heat, add a few drizzles of oil and the ground meat, break up with the back of a spoon. Season with ¼ teaspoon salt and 1/8 teaspoon fresh cracked pepper, mix together and continue to crumble meat as it cooks. When meat is done (no longer pink in the center), add the minced garlic and cook for 30 seconds. Add the grated ginger, cilantro and lime zest, stir well and mix in the onion carrot mixture, stir together until well combined and keep hot.

Family Style Platter - Assemble the Lettuce Wraps:

Using a large plate or medium platter, arrange the wonton lettuce wrap ingredients for serving. To assemble a lettuce wrap, add some filling to the middle of the lettuce leaf, drizzle some soy dipping sauce, add a few cilantro leaves and top with wonton strips. Finish with a bit more of the soy dipping sauce. Fold the lettuce leaves down and over each other, and eat with your hands.



Eat well and share the love!

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