**Korean Lettuce Wraps**

Koreans often cut grilled meat or poultry into bite-size pieces and eat them, wrapped in lettuce, with accompaniments such as rice, hot sauce, garlic and aromatic greens. It's a fun and convivial meal whether enjoyed with family or friends. Use medium-grain Korean or Japanese rice, such as sushi rice, or Italian short-grain rice.

**Ingredients**

25 mL soy\_sauce   
10 mL sake or dry sherry  
5 mL toasted sesame seeds  
10 mL granulated\_sugar  
1 clove garlic, minced

5 mL grated gingerroot  
7 mL sesame\_oil  
1 green\_onion, minced

pinch pepper  
Pinch cayenne\_pepper  
1 boneless skinless chicken breast, sliced into thin strips

**Preparation**

In bowl, mix together soy sauce, sake, half of the sesame seeds, the sugar, garlic, ginger, sesame oil, green onion, pepper and cayenne. Add chicken. Cover and marinate in refrigerator for 1 hour.

**Post Marinade:**

¼ red pepper, julienned

Cook chicken and pepper in a saucepan for 8-10 minutes until no pink remains.

**Accompaniments:**  
**Dipping sauce:**

5 mL chili paste\*\*\*\*\*(hot stuff\*\*\*)  
1 tbsp (15 mL) rice\_vinegar  
2 tsp (10 mL) granulated\_sugar  
2 tsp (10 mL) soy\_sauce  
1 tsp (5 mL) sesame\_oil

**Dipping Sauce:** In small bowl, mix together chili paste, vinegar, sugar, soy sauce and sesame oil.

**Rice:** Rinse 125 mL rice under cold water 3 times. Bring 200 mL water to a boil. Add rice, put lid on, turn heat to 2. Cook for 17 minutes.

**Serving:**

Add 80 mL of dry noodles to chicken mixture.

Arrange all food items on a platter.

Arrange lettuce leaves and on platter; place rice in a separate bowl. Let each diner spoon some of the rice onto lettuce leaf; top with chicken and hot pepper sauce. Wrap leaf around filling.

**Source** : Canadian Living Magazine: May 2002