

Lettuce Wrap

Ingredients

Lettuce	1
Yellow Capsicum	1
Red Capsicum	1
Carrot	1
Green Bean	A little
Vegetarian Ham	A little
Vegetarian Steak	A little
Mushroom	A little
Dried Radish	A little
White Bean curd	A little
Finely chopped Ginger	A little
Chopped Crunchy Peanuts	A little

Seasoning:

Cornstarch	A little (enough to thicken with)
Salt	A little
Light Soy Sauce	A little
Vegetarian Oyster Sauce (condensed soy sauce)	A little
Mushroom seasoning	A little
Cooking Oil (Olive Oil preferred)	A little
Sesame Oil	A little

Preparation

1. Cut away the heart of the lettuce and use cold water to rinse and soak for a few minutes. Wait until the lettuce leaves all separate and then cut each leaf into circles. Lay out and set aside for later use.
2. Take all the other ingredients into 3mm cubes. Be sure to cut the dried radish a little

smaller than the other ingredients.

Note:

- When choosing ingredients it's important to look for the following: pick a variety of colors, choose ingredients with strong tastes, don't choose vegetables containing too much water. This is all because of the blandness of the lettuce, and the amount of water it contains. This way the elements and flavours will be well balanced. The colour, flavor and taste will all be complete and full.

Method

1. Take all of the ingredients and fry individually. To fry, add oil, salt, mushroom seasoning and ginger and fry for 7 minutes. The carrot, mushrooms and dried radish will need to be fried a little longer and will need a little water to be added. Fry then until they are a little softer than usual. Set aside.
2. Heat a pot. Add oil and immediately add ginger, vegetarian oyster sauce and cornstarch. Mix well. Add the other previously fried ingredients and mix well, continuously turning. Add some cornstarch and immediately remove the mixture from the pot.
3. Sprinkle the chopped peanuts on top.
4. Take the mixture and place on the leaves of the lettuce.