



# Pork/Tofu Lettuce Wraps

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: ~ 1 cup rice, 1 cup topping, 2-3 lettuce wraps

## Ingredients

- 7 pounds ground pork (or turkey)
- 2 packages crumbled extra-firm tofu
- 12 ml salt
- 100 ml brown sugar
- 45 ml oil
- 7 bunches green onion, thinly sliced
- 1 large head green cabbage, shredded (16 cups)
- 1 kg carrot, shredded (20 cups)
- 100 ml peeled, minced fresh ginger
- 8 cloves garlic minced
- 5 kg basmati rice
- 5 heads iceberg Lettuce or Nappa Cabbage leaves\*
- Kimchi (optional)
- Sriracha sauce (optional)
- Other ideas: add shredded radish, daikon

### Sauce

- 250 ml low-sodium soy sauce
- 250 ml rice vinegar
- 500 ml hoisin sauce
- 20 ml ginger
- 20 ml garlic

## Method

### Step 1

Brown ground pork until no longer pink. Drain excess fat. Add salt and brown sugar. Set aside.

### Step 2

Cook rice according to package instructions.

### Step 3

Mix together sauce ingredients in a jar. Set aside.

### Step 4

Heat oil in a large wok. Add green onions, garlic and ginger and fry for 5 minutes. Add shredded carrots. Cook for 5 more minutes, stirring often. Add shredded cabbage and sauce. Cook until cabbage softened. Mix in ground pork (for meat version) and tofu in a separate container (for vegetarian version).

### Step 5

To Assemble: Cut heads iceberg in half and separate into "shells". On each plate, add a couple leaves of lettuce/cabbage, a dollop of rice and a dollop of pork and/or tofu mixture. Can also combine tofu and pork as a way to introduce tofu to meat eaters.

*To "soften" Nappa cabbage for rolling, separate leaves and sprinkle with salt. Leave for 1-2 hours and then rinse salt off with water.*



- Cook until internal temperature reaches 71° C for a minimum of 15 sec.
- Cooling: Cool to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.