



SAN CHOY BOW (CHINESE LETTUCE CUPS)

Traditionally made with minced pork, my version ground turkey, loaded with veggies and coated in a savory sauce

Minced chicken lettuce cups are a pretty standard staple at most casual Asian restaurants nowadays. The filling can be as simple or as complicated as you want. I was inspired to make these Chinese lettuce cups after seeing them on the Asian food website, recipetineats. This is my skinned down version.

Ingredients:

Meat: (mix the meat together, set aside for 20 mins.)

- 1lb xtra lean ground turkey breast
- 3/8 tsp baking soda, dissolved into 1 tsp water
- 1/2 cup fat free chicken broth (yup, into the raw meat)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp 'dark' soy sauce

Veggies: (highly customizable, see notes)

- 2 medium garlic cloves, crushed and chopped
- 1/2 tsp finely diced ginger
- 1/2 cup onion, finely diced
- 1/3 cup carrots, finely diced/chopped/shredded
- 1/2 cup canned water chestnuts, drained, finely diced
- 1/3 cup canned baby corn, diced/chopped
- 1/2 cup finely chopped mushrooms
- 1/2 cup green onions, thin sliced, loosely packed

Sauce:

- 3 Tbsp fat free chicken broth
- 1/4 tsp sesame oil
- 2 Tbsp lower sodium soy sauce
- 2 tsp 'dark' soy sauce
- 1 Tbsp PLUS 2 tsp oyster sauce
- 1/2 tsp fish sauce
- 1 Tbsp red wine
- 1-1/2 tsp EACH: balsamic vinegar & rice vinegar
- 1-1/2 tsp 0 calorie sugar replacement o' choice
- 1-1/2 tsp cornstarch, dissolved into 2 tsp water

Additional Ingredients:

- Lettuce, any variety with well shaped, semi-firm leaves
- (garnish) 1 tsp sesame seeds
- (garnish) thin sliced red and/or green chili peppers

Servings Info.:

Yields: 4-1/4 cups
 Servings: 22
 Serving Size: 3 Tbsp scoop



R D
 0-0
 Entire Batch

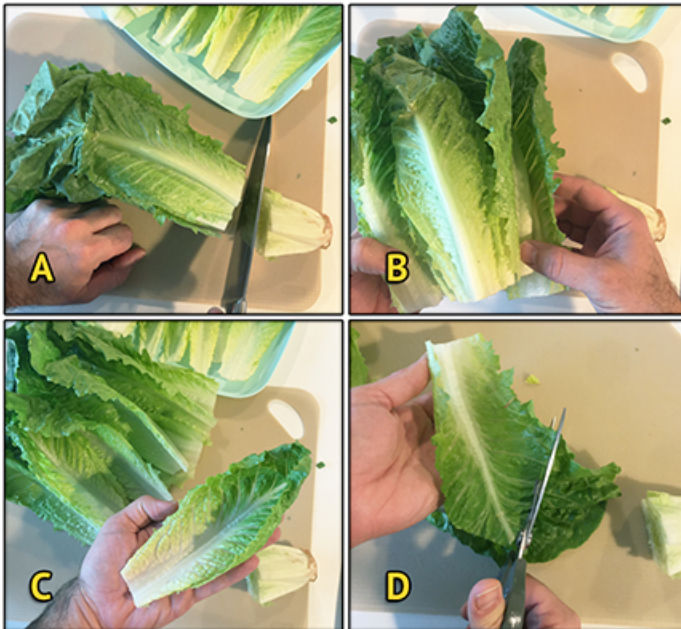
- last checked 12/13/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Directions:

1. Mix together the batch of ground meat, set aside. Yes, it WILL be a wet batch o' meat. Roll with it.



2. (A) Chop and prep all of the veggies, as well as mixing together the sauce Set aside. (B) After the meat has rested, heat a large pan over medium-high heat for 1 minute Spray with cooking spray, then add the meat. Cook until it's mostly cooked through, breaking it into smaller and smaller pieces, for 4 minutes. Then, add the onions, carrots, water chestnuts, corn, 'shrooms and green onions, cooking for 3 minutes. (C) Re-stir, then add the sauce to the pan and use 2 kitchen spoons to stir repeatedly. (D) Cook till the sauce has reduced, thickened, and the meat is coated in a rich, dark sauce.



3. **(A) ROMAINE:** Remove your romaine lettuce from the packaging. Then, pretending you're a Rabbi, cut off the ends. **MAZEL TOV!! (B)** Now's the easy part, separate the individual leaves **(C)** Ta daaa! You now have romaine lettuce 'cups'. Rinse and pat them dry, then set aside to use as a vessel for your meat filling (you can serve it hot or cold). **(D)** Now, ideally you want to use the medium sized leaves. However, the outer leaves of the romaine head are HUGE, practically like green elephant ears. If you want to use those huge ones, there's an easy fix to make them more in-line with the size of the rest of your cups... trim the loose, flappy, excess leaf with scissors. Those leftover lettuce scraps can be used later, for a salad.

Fill the lettuce cups with 3 Tbsp of filling, then garnish with sesame seeds and thin sliced red and green chilis, if desired.



4. **(A) ICEBERG:** Rinse off the head o' lettuce. **(B)** Use a knife to cut out the core. **(C)** Peel off the 1 or 2 big, thin, outside layers of lettuce. **(D)** Pound the lettuce down on your cutting board 2-3 times, to help loosen it up. Then, start pulling leaf sections off, from the back side. Ta Daaaaa.

NOTES & SUGGESTIONS:

- **LETTUCE TYPES:** Ok, this obviously has to be mentioned. There are a few types of lettuce which are typically used to make 'cups' for these types of appetizers. I'll mention the most popular. Look them up on youtube, as well as videos showing how to clean them and how to make lettuce cups with 'em:
 - Iceberg, Romaine, Butter Lettuce, Bibb, Radicchio and Baby Gem.
- **VEGGIES:** These are 100% customizable. Swap out any of the veggies in this recipe for an equal amount of a different vegetable that you want. Easy peasy.
- **RAW MEAT MIX:** You might be wondering why in the heck we are adding 1/2 cup of broth to our ground turkey (or chicken) breast. Anybody who has cooked 98 or 99% fat free ground turkey knows it is dry as sand and doesn't break into 'fine' crumbles when cooked, unless prepped right. Adding all this liquid is the way to fix it. Yes, it's a watery/loose mix, but when you cook it, it breaks apart into finer bits. Check out my chili cheeseburger in cookbook 3, there's nearly 3/4 cup of liquid in that chili mix, so it'll replicate the fine 'ground' of Tommy's Chili, using ground turkey breast.
- **CHILI PEPPERS:** I only used them for color. Leave them out if you'd like.
- **CHICKEN:** Want to use chicken instead of turkey? Go ahead! Simply replace the ground turkey with chopped up chicken breast. Then, you won't need to add all that extra 1/2 cup of broth to the meat. I'd pour in 1/4 cup with the chicken as it's cooking.

