



SAN CHOY BAW

Chinese lettuce cups
serves 6

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Kids' Club Coordinator and Chef

INGREDIENTS

700g lean minced pork
4 spring onions
1 small knob of fresh ginger (2 tablespoons grated)
1 carrot
200g button mushrooms
1 red capsicum
4 tablespoons Hoisin sauce
2½ teaspoons sesame oil
4 tablespoons Shaoxing wine (Chinese cooking wine)
2 tablespoons sunflower oil
1 teaspoon salt
1 teaspoon sugar
2 teaspoons cornflour
iceberg lettuce, washed and leaves separated
steamed rice to serve

EQUIPMENT

measuring spoons
bowls
scissors
knife
chopping board
grater
vegetable peeler
wok or large frying pan
wooden spoon

METHOD - THIS RECIPE REQUIRES ADULT SUPERVISION

1. Place the mince in a bowl with 1½ tablespoons rice wine, Hoisin sauce, sesame oil and the cornflour. Marinate in the fridge for 20 minutes.
2. Using a pair of scissors or a knife carefully chop the spring onions into small pieces.
3. Cut the capsicum in half lengthwise and deseed. Chop into small pieces.
4. Peel the carrot and grate coarsely. Peel the ginger and grate finely.
5. Slice the mushrooms thinly.
6. Heat 1 tablespoon sunflower oil in the wok over high heat. Add the mince and cook, stirring with a wooden spoon to break up any lumps. Cook until mince is browned. Remove from heat and transfer to a bowl.
7. Reheat the wok with remaining sunflower oil. Add the spring onions, carrot, capsicum, mushrooms and ginger and stir-fry for 2 minutes or until slightly softened and fragrant.
8. Return cooked mince to wok. Add remaining sesame oil and cooking wine, the salt and sugar. Give a good stir and add mix together all the flavours and ingredients, bring to a simmer. Taste and adjust flavours to your liking. Carefully remove from the heat.
9. Allow one lettuce leaf cup per person. To serve place a spoonful of rice into each lettuce leaf. Top with the pork mixture.

FROM THE MARKET

Carrots & Capsicums – Virgara's Garden, Patlin Gardens, N & M Tsmiklis, Food Forest
Spring Onions – Salad Greens & Kitchen Herbs
Pork – Bushmin's Adelaide Plains Pork

Mushrooms – P & L Rogers