

Vietnamese Lettuce Wraps
Team Spykerman – 1st place
Lamb Cook-off 2010 Iowa Sheep & Wool Festival

4 cloves garlic, chopped
2 tablespoon chopped fresh ginger root
4 shallots, chopped
2 teaspoon chili sauce
4 tablespoons fish sauce
2 tablespoon five-spice powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
5 pounds boneless shoulder roast
Crisp romaine lettuce leaves
4 sprigs fresh mint and cilantro leaves
1 cup matchstick carrots
1/4 cup Rice wine vinegar
1 tablespoon sugar



1. Pound garlic, ginger and shallots into a paste (a pestle and mortar works well for this). Mix paste with chili sauce, fish sauce, five-spice powder, salt and pepper.
2. Trim shoulder and cut into strips about 3/4 inch thick. Rub spice mixture all over lamb strips and marinate for at least 3-4 hours or overnight if you have time.
3. Marinate the matchstick carrots in the rice wine vinegar and sugar and refrigerate to be used later as a garnish.
4. Pack meat, with marinade, in a heat proof dish or bowl and place in a steamer and steam over high heat for 2-3 hours.
5. Remove meat strips from steamer and grill on a preheated grill for 3-4 minutes, turning frequently so they are slightly charred but not burned.
6. Using a fork, pull lamb into small shreds and place in lettuce leaves.
7. Garnish with mint, coriander and marinated matchstick carrots.
8. You may provide a variety of dipping sauces such as: soy sauce, sweet chili sauce or Sriracha sauce.