



Answer Key

Asian Lettuce Wraps

1. *Our Asian Lettuce Wraps have meat in them.*

B. False

-Our Asian Lettuce Wraps are vegetarian and have no meat in them, we used tofu instead!

2. *Extra firm tofu is appropriate for boiling.*

B. False

-Extra firm tofu is appropriate for frying, which is what we did to make our lettuce wraps!

3. *Tofu is _____ based.*

C. Plant

-Tofu has no meat in it at all, it is made out of plants and is often used as a substitute for meat.

4. *What did we use as our serving dish?*

D. Bibb Lettuce

- That's right, we didn't use traditional serving dishes for our wraps, instead we used a dish that we can eat! Lettuce!!

5. *What part of the green onion did we use?*

D. Both A & C

- The onion hair is the part of the green onion that we do not eat, which is why we remove it and use the white and green part.

6. *Tofu acts like a sponge and soaks up the flavors that are added to it.*

A. True

-Tofu actually has no taste. It acts like a sponge and soaks up any flavors that are added to it.



7. *What kind of flavor profile did we create?*

C. Salty / Sweet

- Mixing all the ingredients together we created the perfect salty / sweet flavor profile.

8. *What can you substitute Tamari with?*

A. Soy Sauce

- Tamari is the gluten free version of soy sauce, soy sauce contains wheat. While they are different in that sense they are used as substitutes in cooking.