Community Cooking Class Recipe Packet

Knife Skills Class

TF Riggs High School Culinary



Inside this packet:

- Chicken Lettuce Wraps
- Pork Egg Rolls & Potstickers
- Gluten-Free Egg Roll Wrappers
- Fruit Summer Rolls with Honey-Lime Sauce

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Knife Skills & Kitchen Plan

Four groups | Prepare ingredients first, then cook and assemble.

YOUR KNIFE-SKILLS CHECKLIST

- [ ] Dice the onion for the chicken lettuce wraps.
- [ ] Dice the water chestnuts; practice a small brunoise.
- [ ] Slice green onion greens on the diagonal and whites into roundelles. Keep portions separated for each recipe.
- [ ] Chiffonade the Napa cabbage for the pork filling.
- [ ] Mince 3 cloves of garlic per group, dividing them: 2 for lettuce wraps and 1 for pork filling.
- [ ] Julienne the melon and apples; slice the strawberries for fruit summer rolls.

SUGGESTED ORDER OF WORK

1. Prepare the shared pork-and-cabbage filling; let it cool slightly.
2. Roll egg rolls and fold potstickers (your instructor will demonstrate the folds).
3. Cut fruit, soften rice paper, and assemble the fruit summer rolls.
4. Mix the honey-lime dipping sauce and the soy-scallion dipping sauce.
5. Cook the chicken lettuce-wrap filling.
6. Pan-fry and steam potstickers, then fry egg rolls under instructor supervision.
7. Plate, taste, and enjoy lunch.

SAFETY & STATION NOTES

- Wash hands, sanitize work surfaces, and keep raw poultry and pork separate from ready-to-eat fruit.
- Cook ground chicken and ground pork to 165°F.
- Use caution adding water to a hot skillet of oil; follow the instructor's demonstration.
- Keep frying oil at the specified temperature; use a thermometer and never leave hot oil unattended.

Chicken Lettuce Wraps

Yield: 4 servings per group



INGREDIENTS

- 1 Tbsp olive oil
- 1 lb ground chicken
- 2 garlic cloves, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 Tbsp reduced-sodium soy sauce
- 1 Tbsp rice wine vinegar
- 1 Tbsp fresh ginger, minced
- 1 Tbsp Sriracha (optional)
- 1 (8-oz) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 head butter lettuce

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add ground chicken and cook until browned, about 3-5 minutes, crumbling it as it cooks. Drain excess fat.

2. Stir in garlic, onion, hoisin, soy sauce, rice wine vinegar, ginger, and optional Sriracha. Cook until the onion becomes translucent, about 1-2 minutes.

3. Stir in water chestnuts and green onions until heated through, about 1-2 minutes. Season with salt and pepper.

4. Spoon several tablespoons of chicken mixture into the center of a butter-lettuce leaf, taco-style, and serve.

Pork Egg Rolls

One filling is used for BOTH egg rolls and potstickers.



SHARED FILLING INGREDIENTS

- 1 Tbsp oil
- 2 cups Napa cabbage, chiffonade
- 1 green onion stalk, sliced (whites for the filling)
- 1/2 tsp fresh ginger, minced
- 1 garlic clove, minced
- 1/4 lb ground pork
- 1/4 tsp salt
- Dash of black pepper
- 1 Tbsp soy sauce + 1/2 Tbsp water

FOR THE EGG ROLLS

- 6 regular egg roll wrappers
- 3 cups oil for frying (use only as much as the pot safely needs)
- Water to seal the wrapper seam

COOK THE SHARED FILLING

1. Brown ground pork in a medium sauté pan, cooking it thoroughly. Set aside.
2. In another pan, heat 1 Tbsp oil over medium-high heat. Cook garlic and ginger for 30 seconds. Add cabbage and green onion whites; sauté 3-4 minutes until slightly softened.
3. Add cooked pork; season with salt and pepper.
4. Add the soy sauce and water mixture; cook until the liquid evaporates (1-2 minutes). Cool slightly before handling.

ROLL & FRY THE EGG ROLLS

1. Set a wrapper in a diamond shape. Put about 3 Tbsp filling in the center. Fold the near corner up, fold both sides inward, and roll toward the far corner.
2. Rub a little water along the final edge to seal.
3. Heat oil to 375°F. Fry a few at a time, turning until evenly golden, about 6-7 minutes. Drain on paper towels.

Potstickers & Dipping Sauce

Use the prepared pork-and-Napa-cabbage filling from page 5.



ADDITIONAL SUPPLIES

- Regular round dumpling / potsticker wrappers (quantity depends on how the shared filling is divided)
- 2 Tbsp vegetable oil total, divided between batches
- 1/2 cup water per batch of potstickers
- 2 Tbsp soy sauce for dipping; sliced green onion greens for garnish

FOLD, SEAR & STEAM

1. Place a small spoonful of the cooled shared filling in a round wrapper. Moisten its edge and fold into a half-moon. Press and pleat the seam to seal, following the instructor demonstration.
2. Heat 1 Tbsp vegetable oil in a 12-inch skillet with a lid over medium heat. Add half the potstickers in a single layer. Brown lightly, turning once, about 1 minute per side.
3. Carefully pour in 1/2 cup water; the oil may splatter. Immediately cover and steam for 2-3 minutes, until the wrappers are translucent and the potstickers are cooked through.
4. Repeat with the remaining potstickers and the other tablespoon of vegetable oil.
5. For the dipping sauce, stir diagonally sliced green onion greens into 2 Tbsp soy sauce. Serve alongside warm potstickers.

KITCHEN REMINDER

If your group divides the pork filling between egg rolls and potstickers, reserve the potsticker portion before assembling the egg rolls. The original recipe does not specify an exact potsticker yield.

Fruit Summer Rolls

Yield: 8 rice-paper rolls per group



INGREDIENTS

- 8 rice-paper wrappers
- Julienned fruit of choice, such as apples and melon
- Sliced strawberries

HONEY-LIME SAUCE

- 1/4 cup honey (or agave)
- Zest and juice of 1 lime
- Up to 3 Tbsp water to thin, as needed

KNIFE SKILLS

Julienne fruit into thin, even strips. Cut strawberries into uniform slices so the colorful fruit shows through the rice paper.

DIRECTIONS

1. Fill a round cake pan halfway with warm-hot water. It should be warm enough to soften the rice paper without burning your hands.
2. Soak each rice-paper wrapper until it just softens, about 30 seconds. Flip as needed, lift carefully with both hands, and lay flat on a plate.
3. Lay prepared fruit down the center of the wrapper.
4. Fold the top and bottom edges over the fruit. Fold the sides toward the center and continue rolling until snug.
5. Transfer to a tray and cover with a damp towel to prevent drying. Repeat with remaining wrappers.
6. Whisk honey, lime zest, and lime juice together. Add water as needed to thin.
7. Slice rolls in half and serve with the honey-lime sauce.

Gluten-Free Egg Roll Wrappers

Optional reference recipe | Approx. 24 wrappers | Not needed for this class



INGREDIENTS

- 1 Tbsp psyllium fiber powder
- 1 cup hot water
- 1 egg
- 2 cups gluten-free all-purpose flour, plus more for dusting
- 1/2 tsp salt
- Cornstarch to separate wrappers during storage

HELPFUL NOTES

These wrappers are an alternative to purchased regular egg roll wrappers. The four class groups are making standard wrappers; this recipe is included as a future reference.

DIRECTIONS

1. Add psyllium and most of the hot water to a mixing bowl. Let rest for 45-60 seconds so the psyllium begins to gel.
2. Add egg, flour, and salt. Blend until combined. If dry, add the remaining hot water, then more hot water by the tablespoon only if needed.
3. Mix until dough comes together; after adding water, this may take another 1-1.5 minutes.
4. Divide dough into 4 pieces. Place one piece on a well-floured surface.
5. Roll to about 3 mm (1/8 inch) thick. Square off the dough into a large rectangle.
6. Cut approximately 4 x 6-inch wrappers. A pasta machine can also help roll the dough.
7. Use extra flour while rolling and dust with cornstarch to prevent wrappers from sticking during storage.

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CLASS CODE: AsiaFall2026

View recipes, class information and photos when the gallery is available.

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PLEASE brag on us to our administration!

A quick email recognizing our student chefs means a great deal.

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CLASS FEES & PAYMENT

$35 per person | $130 for a full kitchen of four

Cash, check, or Venmo: @Lakisha-Jordan-11

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