

BC BEEF ZESTY LETTUCE WRAPS



Yields:
4 portions

INGREDIENTS

2 lb	BC Lean Ground Beef	900 g
2 tsp	Sesame Oil	10 ml
2 tbsp	BC Ginger	30 ml
2 tbsp	BC Garlic	30 ml
½ cup	BC Carrots, julienned	120 ml
½ cup	BC Green Onions, sliced thin	120 ml
2 tsp	Brown Sugar	10 ml
2 tsp	Chili Sauce	10 ml
2 tbsp	Soy Sauce	30 ml
1 cup	Beef Stock	240 ml
¼ cup	Corn Starch	60 ml
1	Lime (juiced)	1
1 bunch	BC Cilantro	1 bunch
1 head	BC Butter Lettuce	1 head

Quick Pickled Radishes & Cucumbers (see following page)

Miso Yogurt Sauce (see following page)



DIRECTIONS

1. In a large pot, thoroughly cook BC Ground Beef. Drain off any excess fat.
2. Add sesame oil, BC Ginger, and BC Garlic, and sauté for 1 minute.
3. Add BC Carrots and BC Green Onions. Continue to sauté until carrots are lightly cooked (about 2 minutes).
4. In a separate bowl, combine brown sugar, chili sauce, soy sauce, beef stock, and corn starch.
5. Whisk to dissolve. Add to the beef mixture and cook 1-2 minutes. The sauce will become thick and bind the beef mixture.
6. Turn off the heat, and add the lime juice and BC Cilantro and mix. Set aside.
7. Meanwhile, wash and spin BC Lettuce leaves.
8. To assemble, add desired amount of beef mix to each lettuce leaf and top with Quick Pickled Radishes and Cucumbers.
9. Add Miso Yogurt Sauce directly to the lettuce wrap or serve on the side.

QUICK PICKLED RADISHES & CUCUMBERS

INGREDIENTS

1 cup	Rice Wine Vinegar	240 ml
1 tbsp	Kosher Salt	15 ml
2 tbsp	Granulated Sugar	30 ml
½ long	BC English Cucumber, sliced thin	½ long
5	BC Radishes, sliced thin	5

DIRECTIONS

1. In a small sauce pot, bring vinegar, salt, and sugar to a boil.
2. Place sliced BC Cucumber and BC Radishes in separate small bowls.
3. Add equal amounts of the hot vinegar mixture to each bowl of vegetables. Be sure to cover with the pickling liquid.
4. Let sit for at least 15 minutes.

MISO YOGURT SAUCE

INGREDIENTS

1 cup	BC Greek Yogurt	240 ml
¼ cup	White Miso Paste	60 ml
1	Lime (juiced)	1
Dash	Salt and pepper	Dash

DIRECTIONS

1. Combine all ingredients in a small bowl.
2. Taste and season with salt and pepper as desired. Set aside.