

Beef Banh Mi - Created by Chef Ilona Daniel



The Beef and Marinade:

- 2 lb boneless beef rib cut against grain thinly
- 2 Cloves garlic pressed or minced
- 1 Stalk lemongrass ends finely minced
- 1-2 Tbsp fish sauce
- 1 Tbsp minced fresh basil
- 1/2 Asian pear, grated
- 3 Tbsp brown sugar
- 3 Tbsp soy sauce
- 2 Tbsp dark soy sauce
- Black pepper to taste
- 1-2 Tbsp canola oil

To Make the Sandwich:

- Foot long French baguette
- 1/2 Cup cilantro
- 1/2 Cucumber thinly sliced
- 2 Chilis seeded and sliced

Pate:

Chili-Garlic Mayo - equal parts chili garlic sauce and mayo

Marinate the beef for at least 6 hours. Over a grill in a grilling basket, or in a frying pan, cook the meat over medium-high heat until the meat is cooked through and the surfaces are nice and caramelized; this should take no more than five minutes. If you have a small pan, work in batches. If you overcrowd the pan, the meat will not get caramelized and it will basically boil.

To assemble the sandwich, split the baguette. Slather both sides with chili mayo, then spread pate on the bottom half of the baguette, pile in meat and top with veggies.



ATLANTIC
Beef
PRODUCTS INC.

Delicious. Healthy. Sustainable.

www.apci.ca

