



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Pear Beef Banh Mi Wrap

24 Servings

Ingredients

5 pounds beef, cut in bite-sized pieces and quickly cooked
2 cups low sodium soy sauce
1 cup white vinegar
1/2 cup brown sugar
5 tablespoons sesame oil, divided
3 tablespoons finely chopped garlic
3 tablespoons Sriracha or other hot sauce
2 tablespoons grated or finely chopped fresh ginger
2 tablespoons onion powder
1 tablespoon freshly ground black pepper
1 to 2 tablespoons red pepper flakes
3 limes, zested and zest finely chopped
2 bunches cilantro, roughly chopped
1/2 (#10) can Pacific Northwest Canned Pears, diced, in juice, drained
24 warm whole grain 10-inch flour tortillas
1 cup white vinegar
1/2 cup granulated sugar
2 cups julienned radishes
2 cups julienned carrots

Servings

Makes 24 servings

Nutrition

<i>Calories</i>	<i>355 kcal</i>
<i>Total Fat</i>	<i>16 g</i>
<i>Total Dietary Fiber</i>	<i>3 g</i>
<i>Vitamin C</i>	<i>4 mg</i>
<i>Saturated Fat</i>	<i>6 g</i>
<i>Trans Fat</i>	<i>0 g</i>
<i>Protein</i>	<i>15 g</i>
<i>Iron</i>	<i>1 mg</i>
<i>Sodium</i>	<i>1046 mg</i>
<i>Cholesterol</i>	<i>24 mg</i>
<i>Vitamin A</i>	<i>1944 IU</i>
<i>Sugars</i>	<i>13 g</i>
<i>Carbohydrate</i>	<i>38 g</i>
<i>Calcium</i>	<i>59 mg</i>

Method

Put the beef in a large bowl with the soy sauce, vinegar, brown sugar, 2 tablespoons sesame oil, garlic, hot sauce, ginger, onion powder, black pepper, pepper flakes, and lime zest. Toss well, cover the bowl and marinate in the refrigerator for 4 hours, mixing the ingredients twice during that time to coat beef with the marinade.

Meanwhile, squeeze the juice of 2 of the zested limes over the pears and set aside.

After 4 hours, remove the beef from the refrigerator. Heat 1-1/2 tablespoons of the remaining sesame oil in a large wide skillet. When the oil is hot, add half of the marinated beef and cook until heated through. Repeat with the remaining oil and beef. Remove from the heat and set aside.

To assemble the wraps, fill each tortilla with about 3 ounces beef and top with 3 tablespoons lime-infused pears, 1 heaping tablespoon pickled vegetables and a generous sprinkle of cilantro. Roll up, secure each end with a toothpick, and slice in half.

Combine the vinegar and sugar in a medium-size non-reactive saucepan and bring to a simmer to dissolve the sugar. Cool slightly before pouring over the radishes and carrots. Allow to sit one hour, if possible.