



# Pear Beef Banh Mi Wrap

100 Servings

Portion: 1 wrap

Meal Component Crediting K-8, 9-12: 2 oz eq meat/meat alternate; 1½ oz grain; 1/8 cup vegetable (1/8 cup other); 1/8 cup fruit

Ingredients	Weight	Measure
<b>Steak Marinade:</b>		
Beef steak, sliced (at least 2 oz eq M/MA)	15 lb 10 oz	
Ginger root, fresh, grated		¼ cup 2 Tbsp
Garlic, fresh, minced		½ cup
Onion powder		¼ cup 2 Tbsp
Black pepper		3 Tbsp
Soy sauce, low sodium		1 qt 2 cups
Sesame oil		1 cup
Hot chili sauce (such as Sriracha)		½ cup
Brown sugar, packed		1 ½ cups
Lime juice, bottled		1/3 cup
<b>Quick Pickled Vegetables:</b>		
Radish, fresh, julienned	3 lbs 5 oz	3 qt ½ cup
Carrots, fresh, julienned	2 lbs 9 oz	3 qt ½ cup
Sugar, granulated		1 ½ cups
Vinegar, distilled		1 qt 2 cups
Pears, diced, extra light syrup, canned, drained well (USDA or Commercial)*	5 lbs 6 oz OR about 1 1/3 #10 cans	3 qts ½ cup
Cilantro, fresh, roughly chopped		1 qt 2 ¼ cups
8" tortillas, whole grain or whole grain rich (USDA or Commercial) (at least ½ grain eq.)		
Lime wedges, optional		100 wedges (about 12 ½ limes)

\*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

## Method

1. Thaw beef: Thaw beef for 48 hours in refrigerator

pan, filling half full. Pour marinade evenly over beef and stir. Cover and place in the cooler. Marinate for 4-24 hours. Stir often.

**CCP: Hold at 40° F or lower.**

2. Make marinade: In a bowl, whisk ginger, garlic, onion powder, pepper, soy sauce, sesame oil, chili sauce, brown sugar, and lime juice.

**CCP: Hold at 40° F or lower.**

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3. Marinate beef: Remove beef from original package and drain. If pieces are large, use a dough scraper to chop into smaller pieces. Divide beef evenly into 12" x 20" x 4" steamtable

4. Quick pickled vegetables: In a plastic bowl or plastic food pan, whisk sugar and vinegar. Toss with radishes and carrots, cover, and place in the refrigerator. Allow to pickle for 1-24 hours.

**CCP: Hold at 40 °F or lower.**



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

5. Heat beef: Cover and heat to 165° F in the oven or steamer. Remove and stir.

**CCP: Heat to 165° F or higher for 15 seconds.**

**CCP: Hold at 140° F or higher.**

6. Heat pears: Cover and heat pears to 140° F in the steamer. Remove and stir.

**CCP: Heat to 145° F or higher for 15 seconds.**

**CCP: Hold at 140° F or higher.**

7. Build wraps: Place 2.5 oz marinated beef in the center of each tortilla, top with 1 oz (weight) pickled vegetables, 1/8 cup (#30 scoop) of pears, and 1 Tbsp cilantro. Fold in the sides of each tortilla, roll the back of the tortilla up over the ingredients, fold and tuck the ingredients inside the tortilla, and roll into a wrap.

**CCP: Hold at 140° F or higher. Optional: Serve a lime wedge on the side. CCP: Hold at 40° F or lower.**

**For Grab n Go Service: Wrap in sandwich paper or foil sheets.**

## Nutrients Per Serving

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