



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

Korean Beef Pear Pita

Ingredients

Marinade

15 lb 10 oz Philly beef steak, cooked, sliced (at least 2 oz eq M/MA)
1 cup sesame oil
3 Tbsp ginger, fresh, grated
2 ¼ cups soy sauce, low sodium
2 cups canned pear juice
½ cup molasses
2 Tbsp black pepper, ground

Sauce

1 qt sour cream, light
¼ cup 2 Tbsp hot chili sauce (such as sriracha)
1 1/3 #10 cans (3 qt ½ cup) Pacific Northwest pears, canned, diced, extra light syrup, drained well, juice reserved

100 French or hoagie style buns (at least 2 oz grain eq)
18 lb 2 oz (300 slices) Avocado, fresh, sliced

Servings

100, 1 wrap per serving

Nutrition

Meal Component Crediting K-8, 9-12

2 oz eq meat/meat alternate; 2 oz eq grain, ¼ cup other vegetable; 1/8 cup fruit

Calories: 499
Total Fat: 30 g
Total Dietary Fiber: 8 g
Vitamin C: 9 mg
Saturated Fat: 8 mg
Trans Fat: 0 g
Protein: 19 g
Iron: 8 mg
Sodium: 712 mg
Cholesterol: 27 mg
Vitamin A: 146 IU
Sugars: 7 g
Carbohydrate: 44 g
Calcium: 67 mg

Method

Thaw Beef: Thaw beef for 48 hours in refrigerator. CCP: Hold at 40 °F or lower. CCP: Hold at 40 °F or lower.

Make Marinade: In a bowl, whisk sesame oil, ginger, soy sauce, pear juice, molasses, and black pepper. CCP: Hold at 40 °F or lower.

Marinade 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 pans, 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.

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.

Heat Pears: Cover and heat pears to 145 °F in the steamer. Remove and stir. CCP: Heat to 145 °F or higher for 15 seconds. CCP: Hold at 140 °F or higher.

Build Sandwiches: Open sliced buns, measure 2 ¾ tsp (#70 scoop) sour cream chili sauce and spread evenly on each slice. Place marinated beef on the bottom bun, top with 1/8 cup (#30 scoop) of pears, 3 slices (2.9 oz) avocado, and 1 tbsp cilantro, and top bun. CCP: Hold at 140 °F or higher.

For Grab n Go Service:

Wrap in sandwich paper or foil sheets.

Note: 1 No. 10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (67 oz) drained pears.