

ADDICTED TO BEEF

MBP'S NEW BEEF EXPERT SHARES SPECIAL RECIPE

ADRIANA BARROS



Hello, my name is Adriana Barros...and I'm addicted to beef. All kidding aside, it has been an incredible experience being able to share my favourite recipes with Manitobans who are as passionate about food and quality ingredients as I am. My time as the new Beef Expert at

Manitoba Beef Producers (MBP) has been extremely exciting and fulfilling.

I have been a Manitoban my whole life. I was raised by my Portuguese parents in Winnipeg where

store bakery.

From there I turned to appreciating and cooking savoury dishes, which I learned from both of my grandmothers who cook every meal from scratch. I

foods with a minor in marketing at the University of Manitoba. I enjoy following food trends and keeping up with the next big food craze.

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I grew up with fresh home-cooked meals. My passion for cooking started at the young age of eight when I mastered the art of breakfast. Years later, progressing to a three-course brunch, I would invite my grandparents over to join in a family meal. I then started to bake desserts for my family for every occasion and mostly just because I loved it, which led to my first job – at 16 I iced cakes at a local grocery

learned at a young age that experimenting with different flavours and cooking without a recipe is when I was able to learn what spices pair well together. This also taught me which method of cooking, such as roasting or grilling, would work best and how to have fun in the kitchen.

Now in my mid-twenties, still learning every day, I have completed a Bachelor of Science in Human Nutrition focused on

in my diet all my life, and the opportunity to represent the industry by creating recipes using beef was easy to accept.

At MBP, my focus is to create trendy easy-to-prepare meals. Today, I am sharing a fun beef recipe: Sweet and Savoury Beef Lettuce Wraps. This is a light, nutritious meal full of flavour and packed with protein to boost your energy levels throughout the day.



SWEET AND SAVOURY BEEF LETTUCE WRAPS

- 1 lb(500g) Canadian Beef stir-fry strips
- 1 TBSP (15 mL) Frozen orange juice concentrate
- ¼ cup (60 mL) Beef stock
- 1 TBSP (15 mL) EACH soy sauce, rice vinegar and Manitoba honey
- ½ tsp (2 mL) Garlic-chili paste
- ¼ tsp (1 mL) Gingerroot, minced
- 1 TBSP (15 mL) Canadian cornstarch
- 1 TBSP (15 mL) Sesame oil
- 2 tsp (10 mL) Granulated sugar
- 1 Pkg romaine lettuce wraps OR 1 head of leafy green lettuce
- 1 EACH cucumber and mango, cut into strips
- ½ cup (125 mL) Soy sauce
- 1 TBSP (15 mL) EACH hoisin sauce, rice vinegar and Manitoba honey
- ¼ tsp (1 mL) Sriracha pepper paste
- Pinch Red pepper flakes

1. Marinade: Combine orange juice, beef stock, 1 TBSP soy sauce and rice vinegar. Add garlic-chili paste and gingerroot in a freezer bag. Add beef strips to bag and refrigerate 30 minutes. Remove beef strips from bag and reserve the marinade.
2. Prepare garnish: Cut mango and cucumber into strips.
3. Dipping sauce: Combine ½ cup soy sauce, hoisin, rice vinegar, honey, sriracha paste and red pepper flakes; set aside.
4. Heat a non-stick skillet or wok to medium-high; add sesame oil. Dry off beef, toss in cornstarch. Add beef and stir-fry one to two minutes until the exterior is browned. Remove from heat. Pour remaining marinade into the skillet and boil for five minutes; add sugar. Finish by tossing the beef strips with the sweetened marinade.
5. Lettuce wrap assembly: Place cucumber and mango in the lettuce leaf and cover with saucy beef

strips. Roll and dip if desired in sweet-chili soy dipping sauce.

This recipe is a great way to make beef fun and get children into the kitchen helping with dinner. Thanks for reading. I hope these beef lettuce wraps makes its way into your kitchens at home and is shared with your family and friends.

The 22nd season of Great Tastes of Manitoba has begun. Stay tuned for the next episode starring Adriana and beef. Show #12 – Airing November 26, 2011 on CTV at 6:30 p.m. – “BEEF up the Celebration”

- 1) Manitoba Philly Cheese Steak Pizza
- 2) Skinny Mini Fiesta Burger
- 3) Tropical Pulled Beef Tacos

These recipes are all about great party foods either for the big game or a great dish to bring to a gathering (this show airs in time for Grey Cup parties). ☺

