

**CANADIAN BEEF RECIPES, OLÉ!**  
**AS INSPIRED BY THE CHEFS OF MEXICO**



CANADIAN BEEF



CANADA 150



# TRI-TIP TOSTADA

## WITH PEPITA MEXICAN-STYLE PESTO

Chef Zahie is a passionate cook who strives to demonstrate the power and joy of foods in our daily lives. She is insatiably curious and always seeking innovative new ways to prepare foods. Chef Zahie dining experiences are a blend of gastronomic influences that stem from her worldly culinary studies and travels including Italian and Mexican cuisines, as well as her Lebanese-Mexican roots.

### BEEF TRI-TIP

- 1 lb (approx 500g)  
Canadian Beef Tri-tip
- Coarse salt and freshly  
ground pepper

### MEXICAN-STYLE PESTO

- 1/3 Cup Pumpkin Seeds
- 3 Tbsp Olive oil
- 2 Tbsp Apple cider vinegar
- 1 Ripe Medium avocado, cut into  
rough chunks
- Salt to taste

### ASSEMBLY

- 4 Corn tostada
- 1/2 Cup Shredded iceberg lettuce
- 1/4 Large red onion, thinly sliced
- 8 Grape tomatoes, halved
- 1 Can (120g) Refried beans

## DIRECTIONS

1. Slice the meat into thin strips and season with salt and pepper. Heat 1 tbsp oil in nonstick pan over medium-high heat. Add beef and stir-fry for 5 minutes, until browned but still pink in the center. Remove from heat and keep warm.\*
2. Meanwhile, combine pesto ingredients in a food processor or blender container; blend until a pesto-like consistency.
3. Top each tostada with some refried beans, shredded lettuce, beef, onion and tomato. Finish each with a spoon of the Mexican-style Pesto.

*\*Alternate Method: Score the Tri-tip with a knife on the fat-cover side of the cut; season all over with salt and pepper. Grill using medium-high heat, turning occasionally for about 5 minutes per side, moving to cooler part of grill if roast begins to overbrown – roast will be done to medium-rare when digital instant read thermometer inserted into the thickest part reads 140°F (60°C). Let stand 10 minutes before carving across the grain into thin slices.*

**More about the Chef:** Chef Zahie's knowledge, empathy, ease of words and confident presence has successfully led her to share her passion and culinary insights through television media with six seasons at The Gourmet, Discovery Home And Health, and appearance at THE CHEW. She has also, taught international undergraduate courses ([www.CEESA.org](http://www.CEESA.org)), made countless demonstrations and presentations at food festivals abroad (India, Italy) and guided numerous appreciation and food pairing events.

She is a successful entrepreneur in “Jose Guadalupe Platos de Cuchara” and she is a proponent of Mexican cuisine of modern technique and great quality.



She's making her mark for the role of women as culinary professionals as a correspondent of Parabere in Mexico, an independent non-profit international platform featuring women's view and voices on major food issues.



Globally inspired, this warm dinner-sandwich, reminiscent of Vietnamese Banh Mi, has been adapted from a recipe developed by Mexican Chef Josefina Santacruz. Marinating the short ribs is important to maximize flavour.

# BRAISED BEEF SHORT RIB SANDWICH

WITH ASIAN SLAW AND ROASTED GARLIC MAYONNAISE

## SHORT-RIBS

- 3 Cups Pineapple juice
- 3/4 Cup Granulated sugar
- 2 tsp Minced fresh ginger root
- 6 cloves Garlic, thinly sliced
- 1 tsp Finely grated lemon rind
- 4 lb (2 kg) Bone-in beef short ribs
- 1/2 tsp coarse sea salt & freshly ground pepper
- 2 Tbsp Vegetable oil
- 1-1/2 Cups No salt added beef broth
- 2 Tbsp Cornstarch
- 1 French loaf, cut into 8 slices, toasted

## ROASTED GARLIC MAYONNAISE

- 2 Large heads of garlic
- 1 cup Mayonnaise
- 1 tsp Lemon juice and sriracha sauce

## ASIAN SLAW

- 4 Cups Bagged broccoli slaw or kale mixture
- 1 Cup White wine vinegar
- 1/3 Cup Granulated sugar
- 4 Cloves Garlic, thinly sliced
- 1/2 tsp Red pepper flakes
- 1/2 tsp Salt

## DIRECTIONS

**1. Short-ribs:** In large sealable freezer bag, combine pineapple juice,  $\frac{3}{4}$  cup water, sugar, ginger root, garlic and lemon rind. Add short ribs and refrigerate for 6 hours or overnight. Remove beef from marinade; set marinade aside. Pat beef dry with paper towels. Season all over with salt and pepper. Heat half of oil in Dutch oven over medium-high heat. Brown beef in batches, adding more oil as needed, until browned all over, about 10 minutes. Transfer beef to plate; set aside.

**2.** Add reserved marinade and stock to Dutch oven. Cook over medium heat, stirring up any browned bits from bottom of pan. Return beef and any accumulated juices to pan; bring to boil. Transfer to 325°F oven and cook for 2 hours, until fork tender.

Meanwhile, roast garlic for the Mayonnaise: Slice top  $\frac{1}{4}$  inch off heads of garlic to expose cloves. Place each head upright on sheet of foil; drizzle with oil and bundle up with foil. Place in small oven-proof pan and roast in oven alongside the beef until heads are soft, about 1 hour. Remove from oven and let cool.

To finish Short Ribs, remove beef from sauce and let cool. Meanwhile, combine cornstarch with 2 tbsp water until smooth; whisk into beef cooking sauce, and cook, stirring, over medium heat until sauce thickens, about 2 minutes. Remove bone and any fat from the beef; break beef into chunks. Return beef to sauce and reserve for sandwich.

**3. Roasted Garlic Mayonnaise:** Unwrap roasted garlic heads; squeeze garlic cloves from skins into small bowl. Mash with fork and stir in mayonnaise, lemon juice and sriracha sauce.

**4. Asian Slaw:** Place veggies in bowl. In saucepan bring vinegar, 1 cup water, sugar, garlic, red pepper flakes and salt to boil. Pour hot brine over salad mix. Let cool completely. (Make-ahead: cover and refrigerate overnight.)

**5. To assemble:** Spread toasted bread slices with mayonnaise and top with warm beef and sauce and Asian Slaw.

**Serves 4**



Inspired by Chef Alexis Bostelmann from Mexico, this recipe includes a flavourful marinated and grilled steak with a traditional bean and herb salad. Look for corn tostados in the international section of your local grocery store.

# STEAK AND CORN TOSTADOS

## WITH HERBED BEAN SALAD & PICKLED RADISH

### BEEF STEAKS

- 4 Flat Iron Beef Grilling Steaks  
¾ inch thick, (each 4 to 6  
oz./125 to 175 g) or one large  
flank steak
- 1 Tbsp Minced chipotle peppers in  
adobe sauce
- 1 Onion, minced
- 3 Cloves Garlic, minced
- 1 Bay leaf
- 1 Tbsp Vegetable oil
- 1/2 tsp coarse sea salt & freshly  
ground pepper
- 8 Crispy corn tostados
- 2 Avocados, cut into chunks

### PICKLED RADISH

- 12 Radishes, thinly sliced
- 1 Small red onion, chopped
- 5 Cloves Garlic, minced
- 1/2 tsp Red pepper flakes
- 3/4 Cup White wine vinegar
- 1/4 Cup Honey and chopped cilantro
- 1 Cup White wine vinegar

### HERBED BEAN SALAD:

- 1 Tbsp Vegetable Oil
- 3 Cloves Garlic, minced
- 1 Fresh red chili or Jalapeño  
pepper, halved, seeded, minced
- 1/2 tsp Salt and freshly ground pepper
- 1 Can Black beans, rinsed
- 1 Bunch Cilantro and mint, stemmed
- 1 Tbsp Lemon juice
- 1 Tbsp Lemon rind

## DIRECTIONS

**1. Beef:** In zipper type freezer bag combine chipotle, onion and garlic and crushed bay leaf. Pierce steaks all over with fork and add to bag, massaging the mixture into the meat. Refrigerate for 4 hours or up to 12 hours. Remove steaks from marinade, discarding marinade. Pat steaks dry with paper towel; season with salt and pepper. Grill or pan-fry in lightly oiled large cast iron or heavy skillet over medium-high heat, turning twice or more for 8 to 10 minutes total for medium-rare. Remove from heat. Tent loosely with foil and let rest for 5 minutes. Thinly slice to serve.

**2. Radish Mixture:** Pack radishes and red onion in large clean jar. In saucepan: combine garlic, red pepper flakes, vinegar and honey. Bring mixture to boil, reduce heat and pour over radishes. Stir in cilantro. Let mixture cool to room temperature. (Make-ahead: Cover and refrigerate for 1 hour or up to 4 days.)

**3. Herbed Black Bean Salad:** Heat oil in small saucepan over medium heat. Add garlic, chili, salt and pepper; cook until aromatic, about 2 minutes. Add beans, stirring until warmed through, about 4 minutes. Remove from heat and cool. Stir in cilantro, mint leaves, lemon rind and lemon juice. (Make-ahead: Cover and refrigerate for 1 day.)

**4. To assemble:** Top each tostado with herbed bean salad and top with warm slice of beef. Follow with avocado chunks and pickled radishes.

### Serves 4

*NOTES: To protect hands, use rubber gloves when removing hot pepper seeds.*



Inspired by a recipe developed by Mexican chef, Federico López, this recipe has been simplified for cooking at home. The radishes can be prepared ahead and make a nice condiment for salads or other beef meals.

# SAUTÉED RIB-EYE

## WITH ROASTED TOMATO SAUCE AND PICKLED RADISH

### BEEF RIB-EYE

- 1-1/2 lb (750 g) 1" thick Beef Rib-eye grilling steaks, cut into 1" cubes
- Coarse sea salt and freshly ground pepper
- 2 Tbsp Vegetable oil
- 5 large Flour tortillas
- 1/4 Cup Fresh cilantro, minced
- 10 - 12 Orange segments (2 oranges)

### PICKLED RADISHES

- 15 Radishes, thinly sliced
- 4 Green onions, thinly sliced
- 3/4 Cup Apple cider vinegar
- 1/4 Cup Maple syrup
- 1/2 tsp Red pepper flakes, mustard seeds and salt (each)

### SPICY ROASTED TOMATO SAUCE

- 8 Plum tomatoes, halved
- 1 Red onion, cut into wedges
- 6 Garlic cloves
- 1 Jalapeno pepper, stemmed, halved, coarsely chopped
- 2 Tbsp Vegetable oil
- 1/2 tsp Salt & freshly ground pepper
- 1 tsp Finely grated lemon rind (1 lemon)
- 1/4 Cup Lemon juice (1 lemon)
- 1/4 Cup Maple Syrup
- 1/2 tsp Red pepper flakes

## DIRECTIONS

**1. Spicy Roasted Tomato Sauce:** In bowl, toss tomatoes with red onion, garlic, jalapeno, oil, salt and pepper. Arrange vegetables on parchment-lined baking sheet, tomatoes cut side up and roast in 425°F oven, until softened and charred, about 25 minutes. Remove and let cool slightly. Transfer mixture to food processor. Add lemon rind, lemon juice, and maple syrup. 1/3 cup water and red pepper flakes. Pulse until blended, about 2 minutes. Transfer to saucepan. Bring mixture to boil, reduce heat and simmer until thickened, about 7 minutes.

**2. Pickled Radishes:** Place radishes and green onions in bowl. Meanwhile in saucepan, whisk together vinegar, ¾ cup water, maple syrup, red pepper flakes, mustard seeds and salt. Bring mixture to boil. Pour over radishes, making sure to cover. Cool to room temperature.

**3.** Season beef cubes with salt and pepper. In large skillet heat oil over medium-high heat. Cook beef, in batches, adding more oil, as needed, stirring until browned and pink in the center, about 8 minutes.

Set aside until all beef is cooked. Return all beef to skillet. Stir in 1 cup of the Spicy Roasted Tomato Sauce.

**4. To serve,** warm each tortilla briefly in a hot fry pan; top with warm beef mixture, more tomato sauce, radishes, avocado, cilantro and orange wedges.

Roll up and eat.

### Serves 6

#### TIME SAVER TIPS:

- *Spicy Tomato Sauce can be made ahead: Cover and refrigerate for up to 1 week.*
- *Pickled Radishes can be made ahead: Cover and refrigerate for up to 2 weeks.*