



## Culinary Practice Recipe

**Prep** 10 mins  
**Cook** 10 mins  
**Yields** 6 servings

# Beefy Bundles

### Prepare Ingredients

¼ cup (50 mL) soy sauce  
¼ cup (50 mL) orange juice  
2 tsp (10 mL) sesame oil  
2 cloves garlic, minced  
1 tbsp (15 mL) minced fresh ginger root  
2 green onions, thinly sliced

1 tbsp (15 mL) sesame seeds, toasted  
2 tbsp (30 mL) cornstarch  
**1 lb (500 g) beef sirloin tip marinating steak, 1-inch (2.5 cm) thick, cut into thin strips**  
1 tbsp (15 mL) vegetable oil (approx)  
32 leaf or Boston lettuce leaves

### Cook

Combine soy sauce, juice, sesame oil, garlic, ginger root, onions and sesame seeds. Set aside 1/4 cup (50 mL) to use for dipping. Stir cornstarch into remaining mixture; pour into bowl. Add beef strips; marinate for 10 minutes.

Heat vegetable oil in large non-stick skillet over high heat. Drain beef, discarding marinade. Stir-fry beef, in 2 batches, until browned, about 3 minutes, adding more oil, if necessary.

Serve on platter with lettuce leaves. To eat, tuck 2 beef strips into a lettuce leaf and roll up. Serve with reserved dipping sauce.



Watch a video that shows how to marinate a steak at <https://canadabeef.ca/marinating-steak-know-how/>.



**Marinades** can range from simple wet marinades to cooked marinades.

**Tenderness** is a key factor in the palatability of beef. There are several ways to enhance beef tenderness. **Chemical tenderization** is a process in which the beef is covered in a **marinade** containing natural tenderizers that break down the connective tissue. Examples of natural products that break down connective tissue are:

- **Papain** – a natural extract found in papaya or **fresh fruits** with natural enzymes like papaya, pineapple or kiwi
- **Acid-based ingredients** – items such as vinegars, tomato sauce or juice, lemon, lime or other citrus juices
- **Alkaline ingredients** – items like soy sauce and other active ingredients

Marinating is a slower method than using enzymes. The marinade must be in contact with the meat for at least six to eight hours in the fridge, but ideally 12 to 24 hours is best for steaks or roasts. Kabobs or meat sliced into stir fry sized pieces can be marinated for three to six hours.

For both of these chemical methods, the tenderizer or marinade works where it touches the meat. It is best to pierce or score the meat all over on both sides with a fork, beforehand. This allows the liquid to better penetrate the muscle fibre.



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What is the tenderizer used in this recipe? What type of tenderizer is it?

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Commercial tenderizers have proteolytic enzymes that are able to break down proteins in the meat. Usually the meat should be in such a tenderizer for 30 minutes. What do you think happens to the meat if it is in a tenderizer for longer than 30 minutes?

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Cuts that are well suited for marination include those with a coarse grain such as flank, skirt steak or bottom sirloin butt. Clean silverskin and score meat to allow the marinade to penetrate and make certain the marinated cut is towel dried before cooking – this will allow adequate searing. If you use a marinade in a sauce or on a cooked product, ensure you boil the marinade first.

This Korean style beef recipe is inspired by bulgogi, a Korean grilled beef dish. It provides a good source of iron (21% DV) and excellent source of zinc (49% DV), with 15% DV sodium.

### Nutrition Facts

per serving

Amount	
<b>Calories</b>	145
<b>Protein</b>	18 g
<b>Fat</b>	6 g
<b>Carbohydrate</b>	5 g

Recipe courtesy of Canada Beef <https://canadabeef.ca/recipe/beefy-bundles/>