



## Culinary Practice Recipe

**Prep** 15 mins

**Cook** 20 mins

**Yields** 4 to 6 servings

# Beef and Mushroom Thai Lettuce Cups

## Prepare Ingredients

1 lb (500 g) ground  
beef

1½ cups finely  
chopped cremini  
mushrooms

½ cup finely chopped  
onion

¼ cup hoisin sauce

1 tbsp soy sauce

1 tbsp rice wine  
vinegar

- 5 cloves garlic diced
- 2 tsp minced fresh ginger root
- 1 tsp sriracha sauce (or as much as you like)
- 3 green onions sliced
- 2 tsp sesame oil
- Boston, Iceberg or Bibb lettuce leaves, washed and dried
- ¼ cup peanuts, chopped (optional)

## Cook

Cook ground beef, mushrooms and onion and mushrooms in large non-stick **skillet** over medium-high heat, breaking up beef with back of spoon, until cooked through and much of the liquid has evaporated. Drain if desired.

Meanwhile, combine hoisin sauce, soy sauce, rice vinegar, garlic, gingerroot and sriracha sauce. Pour over cooked meat mixture and heat through.

Remove from heat and stir in green onion and sesame oil. Serve spooned into lettuce leaves and top with peanuts (if using) and additional sriracha sauce.

**Healthy meat cookery** involves an understanding of how **proteins** and **fats** react to heat.

When meat is heated, the bonds holding protein molecules break and the molecule unwinds. Heat also shrinks the muscle fibres and presses water out of them. The protein molecules then recombine, called **coagulating**. This process of breaking, unwinding, and coagulating is called **denaturing**.

Fat is important to meat texture. It starts to melt at about 54°C to 60°C and lubricates the muscle fibres just as they are getting tougher and drier under the heat. Fat does not evaporate like water.

Fat is the source of much of the flavour in meat. It absorbs and stores many of the aromatic compounds in the animal's food. As the animal ages, the flavor compounds build up and get stronger.



Watch a video that demonstrates the cooking techniques for this recipe at <https://canadabeef.ca/recipe/beef-mushroom-thai-lettuce-cups/#cooked-video-1b>.



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What happened to the ground beef as it was fried in the skillet? How can you identify the fat?

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What is the difference in **yield** between raw ground beef and cooked ground beef? How do you account for this in dishes that you make with ground beef?

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For speedy prep, mince garlic, ginger, mushrooms and onion in a food processor. To make it a stand-alone meal (minus the lettuce cups), stir in some frozen mixed veggies, cook through and serve with steamed rice.

### Nutrition Facts

per serving

Amount

**Calories** 295

**Protein** 27 g

**Fat** 17 g

**Carbohydrate** 8 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/beef-mushroom-thai-lettuce-cups/>