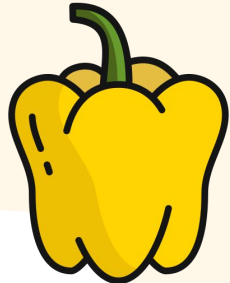
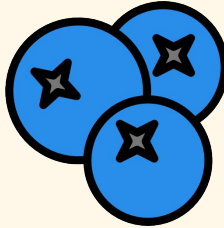
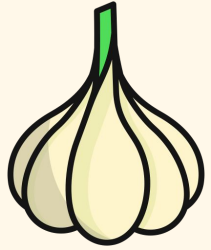
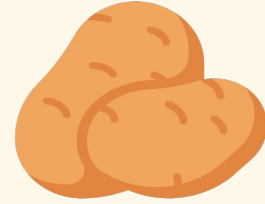
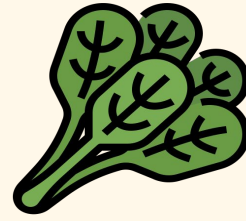


# Urban Harvest

## Workshops

Urban Harvest is an urban food initiative that aims to harvest and redistribute surplus produce found right in our own backyards to reduce food waste. This initiative is one of the five Community Reduce and Reuse Programs, part of the City of Toronto's Long Term Waste Management Strategy.



**BLACK & CREEK** COMMUNITY FARM

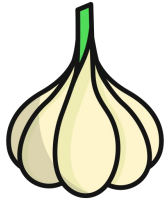


## PRESENTER: ADRIENNE PANIS



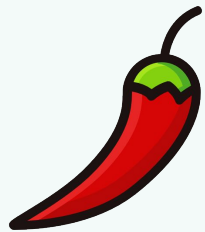
- Professionally trained chef, food stylist, blogger, and recipe developer
- Passionate about food photography, and eating local food, and creating easy recipes for any day of the week.
- [@kitchenventures](#)
- [www.kitchenventuresbya.com](#)

## MAKING TODAY: Bún thịt nướng ; Vietnamese Noodle Bowl with Grilled Pork



- Easy to make and refreshing to eat during the hot summer
- Makes use of asian ingredients - which are pantry friendly  
- bringing in a ton of umami flavour
- Highlights and includes local veggies and culturally appropriate foods





# Ingredients

- Romaine lettuce, thinly sliced
- Cooked vermicelli noodles (follow package directions)
- Fresh cilantro and mint, torn
- Slices of cucumber
- Crushed peanuts
- Grilled Vietnamese pork (see recipe A)
- Quick pickled carrots (see recipe B)
- Drizzle with special sauce (see recipe C)

## Part A - For the Pork:

- 1 lbs pork chops or pork tenderloin
- 2 tablespoons brown sugar
- 1 tablespoon fish sauce
- 1 tablespoons soy sauce
- 1 tablespoons sesame oil
- 3 cloves garlic, minced
- ½ tsp ginger
- 1 lemongrass stalk, bruised with the back of a knife
- 1 tsp sambal oelek/chili garlic sauce, optional

## **Part B - Quick Pickled Carrots:**

- 1 large carrot, julienned
- 1/4 cup rice vinegar
- 1/4 cup water
- 2 tbsp sugar
- pinch of salt

## **Part C -Special Vietnamese Sauce:**

- 2 tbsp water
- 3 tbsp fish sauce
- 3 tbsp sugar
- 2 tbsp rice wine vinegar
- 2 tbsp lime juice
- 1 tbsp mirin or sweet rice vinegar
- 3 cloves garlic minced
- 1 red chili chopped, optional



# Recipe

## Part A - For the Pork:

1. In a large bowl, combine brown sugar, fish sauce, soy sauce, sesame oil, garlic, ginger, lemongrass, and sambal (if using). Add pork, and let marinate for at least 30 minutes. Several hours is best.
2. When ready to cook, grill on medium high heat for 4-5 minutes per side, or until cooked through and internal temperature reads 165°F. If cooking in a saute pan, add 1 tbsp oil, and cook on medium-high heat for 6 minutes per side, or until cooked through and internal temperature reads 165°F.
3. Let rest for 5 minutes before slicing.

## Part B - For the Quick Pickled Carrots:

1. In a microwave safe bowl, combine the rest and microwave on high for 1 minute. Stir to dissolve sugar.
2. Place the carrots in the brine and place in fridge for a minimum of 30 minutes. Several hours is best.

## Part C - For the Quick Pickled Carrots:

Combine water, fish sauce, sugar, rice wine vinegar, lime juice, mirin, and chopped chilis (if using) and stir to dissolve sugar.





## **Assembly:**

1. Divide equally the cooked vermicelli noodles among 4 bowls, top each with a portion of pickled carrots, grilled marinated pork, lettuce, herbs, cucumber, and chopped peanuts.
2. Drizzle with the Vietnamese Special Sauce and enjoy!

## PHOTOS OF THE FINAL PRODUCT



# THANK YOU!

**BLACK CREEK** COMMUNITY FARM

Design credit: [Victoria Barnett](#)

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