

## BC GREENHOUSE VEGETABLE BANH MI SANDWICH



### INGREDIENTS

1	Baguette	1
½ cup	BC Tomato Relish	125 ml
1	Grilled Marinated Eggplant, sliced	1
	Pickled BC Peppers	
	Pickled Carrots	
1	BC Cucumber, sliced	1
Handful	Fresh BC Cilantro	Handful
Head	BC Butter Lettuce	Head
½ cup	Sriracha Mayonnaise	125 ml



BC  
**GREENHOUSE**  
GROWERS'  
ASSOCIATION

### DIRECTIONS

1. Slice the baguette lengthwise and lay open.
2. On the bottom, generously spread the BC Tomato Relish.
3. Top with grilled, marinated BC Eggplant.
4. Layer on pickled BC peppers and carrots.
5. Top with a layer of BC Cucumber slices
6. Finish with Fresh BC Cilantro and BC Butter Lettuce.
7. Spread desired amount of sriracha mayonnaise on the top half.
8. Close the sandwich and cut it into 4 equal portions.
9. Serve immediately.

### INGREDIENTS

#### For the Tomato Relish

½ lb	BC Red Onion, diced small	250 g
1½ lbs	BC Tomatoes, medium diced	600 g
4 cloves	BC Garlic, minced	4 cloves
7 oz	Brown Sugar	200 g
½ cup	Red Wine Vinegar	125 ml

## DIRECTIONS

1. Combine all ingredients in a non-reactive saucepot.
2. Bring to a boil, reduce heat and simmer for 35 minutes.
3. Relish can be served warm, room temperature, or cold.

## INGREDIENTS

### For the Grilled and Marinated Eggplant

2 tbsp	Canola Oil	30 ml
¼ cup	Soy Sauce	60 ml
2 tbsp	Rice Wine Vinegar	30 ml
1 tbsp	BC Ginger, minced	15 ml
1 tbsp	BC Garlic, minced	15 ml
1 tsp	Toasted Sesame Oil	5 ml
1	BC Eggplant, sliced lengthwise ½ inch (1 cm)	1

## DIRECTIONS

1. Combine the first 6 ingredients.
2. Place sliced eggplant in a dish and toss with marinade.
3. Let sit 30 minutes to overnight.
4. Grill both sides over medium-high heat.
5. Place covered in the refrigerator until ready for use.

## INGREDIENTS

### For the Pickled Peppers

2 tbsp	Sugar	30 ml
1 tsp	Kosher Salt	15 ml
½ cup	Unseasoned Rice Wine Vinegar	125 ml
2	BC Bell Peppers, julienne	2

## DIRECTIONS

1. Combine the first 3 ingredients in a non-reactive pot and bring to a boil.
2. Place julienne pepper in a non-reactive container.
3. Pour hot pickling liquid over top to cover.
4. Place covered in the refrigerator for up to 2 weeks.

## INGREDIENTS

### For the Pickled Carrots

1 tbsp	Sugar	15 ml
½ tsp	Kosher Salt	3 ml
¼ cup	Unseasoned Rice Wine Vinegar	60 ml
2 large	BC Carrots, grated	2 large

## DIRECTIONS

1. Combine the first 3 ingredients in a non-reactive pot and bring to a boil.
2. Place grated carrots in a non-reactive container.
3. Pour hot pickling liquid over top to cover.
4. Place covered in the refrigerator for up to 2 weeks.

## INGREDIENTS

### For the Sriracha Mayonnaise

½ cup	Prepared or Homemade Mayonnaise	125 ml
1-2 tbsp	Sriracha Sauce	15-30 ml
	Juice of 1 lime	
1 clove	BC Garlic, minced	1 clove
To taste	Salt	To taste

## DIRECTIONS

1. Combine all ingredients. Season as desired.