

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Father's Day (after) Banh Mi (ban me) ready in under 25 minutes!



### Ingredients – serves 4 people

4 each mini baguettes (8inch)  
or  
1 large baguette cut into 4 equal pieces  
2 each steaks pounded to 10mm thickness –  
(flank | rib eye | sirloin)  
2 Tbsp cooking oil  
salt & pepper to taste  
  
4 Tbsp garlic mayonnaise  
4 Tbsp chicken liver pate  
2 each red chilli (washed & sliced thinly)  
1 cup beansprouts (washed & drained)

½ cup coriander leaves (washed & drained)  
1 each lime (washed and cut into ¼)

### pickle ingredients

2 Tbsp white sugar  
12 Tbsp white vinegar  
4 each peppercorns  
1 each dried chili pepper  
1 each cucumber (washed then flesh cut into  
ribbons with a vegetable peeler)  
1 each carrot (washed then cut into ribbons  
with a vegetable peeler)

### Method

Heat the vinegar, sugar, peppercorns, and dried chili to a gentle boil and stir until the sugar has dissolved then remove from the heat.

Add the cucumber and carrot, stir to ensure everything is covered and soaks in the vinegar solution.  
Leave aside until assembly.

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Pre-heat a frying pan/skillet on a high heat.

Coat both sides of the steaks in oil then season with salt and black pepper to your preference.  
Place steaks into the hot pan.

Whilst steaks are cooking, cut through each baguette on one side only.

Spread the pate on one side of the baguette and the garlic mayonnaise on the other.

Turn the steaks after 2 – 3 minutes.

Cook for a further 1 – 2 minutes then turn off the heat and remove steaks from the pan and leave to rest on a chopping board.

Divide the beansprouts between the baguettes and place on the pate.

Lift the pickled cucumber & carrot with tongs and shake off most the liquid then place on top of the beansprouts.

Add as much sliced chili as you wish and some of the coriander.

Cut the steaks into strips approx. 10mm thick across the width.

Divide between the baguettes equally then add more coriander.

Serve with lime wedges on the side.

Notes from the chef:

Any leftover roast meat/chicken from Father’s Day can be used either sliced or pulled/shredded.

The pate gives an authentic rich/savoury flavour which helps balance the strength of the pickles.

Grilled shrimps, chicken or lamb may be used instead of beef.

If you are cooking meat or shrimps, then take out the fridge 30 minutes before.

Choose the chilli peppers to suit your preference of spice level – removing the seeds from the chilli will lessen the heat.

The pickles can be made in advance and any left can be stored in the liquor in the fridge for 4 weeks.

Tbsp - tablespoon

Tsp - teaspoon