

Beef

8 oz steak, sirloin or tenderloin (bison or beef)
1 tbsp soy sauce, preferably Thai*
1 garlic clove, minced
1 Thai chili, minced

1. Rinse the steak and dry well with paper towel. Place in a small, shallow dish and marinate in the soy sauce, garlic and chili for 30 minutes. Preheat the barbecue to high.
2. Grill the steak until medium-rare and let it cool completely before thinly slicing into bite-size pieces.
3. Toss the cooled, sliced meat with half the vinaigrette

Tips:

- For local meat sources, try Farmers Markets, Care-It Deli in Crestwood, Smokin' Iron Farms in Beverly, or Buffalo Valley Variety in Whitemud Crossing.
- Thai soy sauce makes all the difference - available at Vien Dong in Chinatown. For the address, click www.alliumfoodworks.com/resources.html
- Chinese soy sauce is an acceptable alternative, but don't use Kikkoman! A great flavour for Japanese recipes, it isn't right for this recipe.

Salad

½ English cucumber, cut into half-moons
1 red bell pepper, sliced
¼ red onion, sliced
1 tomato cut into wedges
6 cups lettuce greens
15 ml mint, minced
15 ml cilantro, minced

1. Slice the vegetables and set aside.
2. In a large bowl, toss the greens with the herbs and then arrange on a platter.
3. Arrange the sliced vegetables on a platter.
4. Drizzle with half the vinaigrette, arrange the meat on top.

Tips:

- Use any combination of fresh vegetables and lettuce greens you like.
- Get locally produced cucumbers, onions and bell peppers at Farmers Markets throughout the city; fresh herbs from West Country Herbs or Imagine Herbs; and chili peppers from Gull Valley Greenhouses.
- Delicious with cooked chicken or shrimp. For vegans, marinate tofu in the vinaigrette.

Vinaigrette

1 garlic clove, minced
2 to 3 Thai chili, minced
6 tbsp fish sauce
3 tbsp fresh lime juice
1 to 2 tsp sugar

1. Combine in a small bowl and let sit at least 15 minutes before using.

Tips:

- This lasts a long time in the fridge, so make a large batch and keep it in a sealed jar.
- Delicious on any cold salad, as a marinade for meat, shrimp or chicken.
- A Thai version of ketchup, widely used on fried rice, stirfries and other dishes.