

# BC DUCK LETTUCE WRAP WITH OKANAGAN CHERRY BBQ SAUCE AND BC GREENHOUSE SLAW



*Yields:*  
16 pieces



## INGREDIENTS

1	Whole Roasted BC Duck, cooked and meat shredded	
1 each	BC Greenhouse Red, Yellow and Orange Bell Pepper, julienne	
1	Red Onion, Julienne	
1	BC Carrot, julienne	
1	BC Greenhouse Cucumber, seeded and sliced thin	
1 cup	Dijon Vinaigrette	240 ml
2 cups	Okanagan Cherry BBQ Sauce	480 ml
1 head	BC Living Butter Lettuce	
½ cup	Crumbled Feta Cheese	120 ml

## DIRECTIONS

1. Combine BC Bell Peppers, red onion, cucumber and carrot in a bowl.
2. Dress with Dijon vinaigrette and set aside.
3. Heat the BBQ sauce, add shredded BC duck to warm and set aside.
4. To assemble, place a lettuce leaf on a plate. Top with BC greenhouse slaw then the BBQ coated duck. Top with crumbled BC feta cheese.
5. Serve immediately.

# Dijon Vinaigrette



*Yields:*

1 cup

## INGREDIENTS

1/3 Tbsp	Apple Cider Vinegar	80 ml
2/3 cup	Canola Oil	160 ml
2 Tbsp	Dijon Mustard	30 ml
2 Tbsp	Italian Parsley, minced	30 ml
	Salt and Pepper	

## DIRECTIONS

1. In a bowl, whisk together vinegar and mustard.
2. Add the oil and whisk to combine.
3. Finish with minced parsley and salt and pepper.

# Okanagan Cherry BBQ Sauce



*Yields:*  
1000 ml

## INGREDIENTS

2 Tbsp	Olive Oil	30 ml
1	Medium Onion, diced small	
4 cloves	Garlic, minced	
2 cup	BC Cherries, pitted	480 ml
1 cup	BC tomato, diced	240 ml
½ cup	Tomato Puree	120 ml
½ cup	Brown Sugar	120 ml
¼ cup	Apple Cider Vinegar	60 ml
1	Juice of Lime	
3 Tbsp	Molasses	45 ml
1 tsp	Worcestershire Sauce	5 ml
2 tsp	Chipotle Powder (optional)	10 ml
1 tsp	Smoked Paprika	5 ml
	Salt and Pepper	

## DIRECTIONS

1. In a sauce pot, heat oil.
2. Sauté onions and garlic until soft.
3. Add tomatoes and cherries. Sauté for 2 minutes.
4. Add remaining ingredients and stir to combine.
5. Simmer for 20 – 30 minutes.
6. Blend until smooth.
7. Adjust seasonings.