

FRIED BEEF AND BROCCOLI

Liz Cameron

Beef:
2 Tbsp light soya sauce
2 tsp dark soya sauce
Sliced ginger or ginger powder,
amount according to taste
Crushed garlic (optional) or
garlic powder, amount
according to taste
1 pinch allspice
1 tsp Worcestershire sauce
2 tsp cornstarch

1 to 1 1/2 lb flank steak
Broccoli:
1 bunch broccoli or any
seasonal vegetable
2 tsp sugar, for broccoli only
Light soya sauce, amount
according to taste
Dark soya sauce, amount
according to taste
Salt

Broccoli: Cut broccoli to bite size pieces and steep in boiling water and vinegar for 2 minutes, or until tender but not too soft. Drain and blanch under cold tap. Heat frying pan on high heat. Turn down to medium heat, put some oil in frying pan. Stir fry the vegetable. When cooked (still slightly crispy, do not overcook), add other ingredients and stir. Put on dish and keep warm.

Beef: Cut flank steak along grain in 1 1/2 inch strips. Slice to thick slice across grain. Add seasoning and marinate for 1 hour (or overnight in fridge). Heat frying pan, turn to medium heat, pour in oil, stir the beef until cooked. Add vegetable and stir. Add some cornstarch solution and stir for 20 seconds.

The beef vegetable is now ready to be served.

The Secret: To get beef tender slice across grain. To give beef a stir in 1/4 cup cornstarch solution just before serving.

The Fun: To try different vegetables and different mixed vegetables with beef. Tomato and onion is a popular mixture.

ELEPHANT STEW

Lynn Horner

1 elephant
Brown gravy

Salt and pepper
2 rabbits (optional)

Cut elephant into small bite size pieces (this should take about 2 months). Place in really large pot. Add gravy to cover. Cook over kerosene fire at 465°F for 4 weeks.

To serve additional unexpected guests, the 2 rabbits may be added. Do this only if absolutely necessary as most people do not like hare in their stew. Serves 3,800.