



Donated by Allen & Myra Charleston

Allen is really a good cook, but for some reason prefers an open fire, so it is unusual for him to create something that does not involve BBQ sauce:

Al's Main Dish

- 1 1/2 pound emu steak, sliced very thin
- 1/2 cup flour
- 2 cans onion soup
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1/2 teaspoon parsley
- 3 tablespoons cooking oil
- 2 tablespoons vinegar
- 2 carrots, thinly sliced
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1 package egg noodles

Prepare egg noodles as package directs.

Flour the steak strips. Using a large skillet, brown the strips in a small amount of oil being careful not to overcook. Remove the meat from the skillet. Add 2 cans onion soup, 1 cup beer and the remaining ingredients. Drink the rest of the beer while it simmers. Place meat in a casserole. Pour sauce over it, cover and bake at 325° for 45 minutes. Serve over egg noodles.

Stay out of wife's way while she cleans up kitchen.