



Donated by Allen & Myra Charleston

An apple a day keeps the doctor away.....

## **Apple Stuffed Emu Fan Steak**

- 6 emu fan steaks, cut 1 1/2 inches thick
- 1 cup beef broth
- 4 tablespoons butter
- 1 8 ounce package seasoned stuffing mix
- 1 tart apple, pared, cored and chopped
- 1 green pepper, cored, seeded and chopped
- 1 tablespoon wine vinegar
- 2 teaspoons instant minced onion
- 2 tablespoons cooking oil
- 1 cup water

Grease a 2 quart casserole. A quarter sheet cake pan would work also. Preheat oven to 350.

Cut a pocket in the thick end of each steak. Be careful not to cut too far.

Mix together the stuffing mix, broth, apple, green pepper, butter, vinegar and onion. Spoon mix into the steaks and fasten with wooden toothpicks or skewers.

Turn the remaining stuffing mixture into the greased casserole.

In skillet brown the steaks on each side and move to casserole. Add water. Bake, covered, in 350\* oven for 1 hour. Uncover for the last 10 to 15 minutes of cooking. Makes 6 servings.