



Donated by Allen & Myra Charleston

Quick and tasty,

## Emu Green Pepper Steak

- 1 pound emu flank steak, lightly pounded and cut into thin strips
- 1/4 cup soy sauce
- 1 clove garlic
- 1 1/2 teaspoon grated or ground fresh ginger
- 1/4 cup salad oil
- 1 cup green onion, thinly sliced
- 1 cup red peppers cut into 1" wide strips
- 2 stalks celery, thinly sliced
- 1 tablespoon cornstarch
- 1 cup water
- 2 tomatoes, cut into wedges

Combine the soy sauce, garlic and ginger. Add the emu. Set aside.

Mix the cornstarch with water and set aside.

Heat oil in large frying pan or wok. Add the meat and sauce. Stir fry lightly over high heat until just browned, remove the meat. Add the onions, pepper and celery, stir fry for 5 minutes. Add meat back in and continue cooking for another 5 minutes. The vegetables should be tender crisp. Add the cornstarch/water mixture, stir and cook until thickened. Add the tomatoes and heat through.

Serves 4.

If serving over rice, serves 6.