



Donated by Allen & Myra Charleston

Sunshine Emu Stir Fry

- 1/4 cup orange juice
- 1 1/2 tablespoons cornstarch
- 1 pound emu flank steak, cut into 1/8 to 1/4 inch strips
- 3/4 cup beef broth
- 1 1/2 tablespoons reduced sodium soy sauce
- 2 1/2 teaspoons vegetable oil
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger
- 1 1/2 cups snow peas
- 1 medium red bell pepper, cut into thin strips (about 1 cup)
- 3/4 cup sliced green onion
- 1 cup frozen broccoli, thawed
- 1 medium carrot, thinly sliced
- 2 cups cooked white rice

In a shallow glass pan mix orange juice and cornstarch. Add meat and toss gently. Cover and chill for 1 hour.

Drain meat and discard juice mixture. In a small bowl combine the broth and soy sauce, set aside.

In a wok or large skillet*, heat oil over medium heat.

Add garlic and ginger; stir-fry for 30 seconds.

Add emu, stir-fry for 3 minutes.

Add rest of vegetables; stir-fry for around 5 minutes or until crisp tender.

Stir in broth mixture.

To serve, place 1/2 cup rice on each plate. Top with Sunshine Emu Stir Fry.

Serves 4.

*We have been meaning to get a wok, but in the meantime the 18" cast iron skillet does just fine.