

## Stir-Fried Beef and Broccoli

### Beef:

2 tsp soy sauce  
1/4 tsp sugar  
1/4 tsp salt  
1 lb sirloin stir fry

### Sauce:

1 tbsp cornstarch  
1 tbsp soy sauce  
1 tbsp med. dry sherry or scotch  
1/4 cup chicken or beef broth or water  
1 tsp sugar  
2 tsp Oriental sesame oil

### Stir-Fry:

3 tbsp vegetable oil  
1 tbsp minced peeled fresh ginger root  
1 tbsp minced garlic  
1/2 tsp. dried hot red pepper flakes  
1 lb. broccoli, cut into flowerets & stems  
peeled and cut into 1/2 inch thick sticks.  
Cooked rice as an accompaniment

### Directions:

Prepare the beef. In a small bowl, stir together the soy sauce, sugar, salt add the beef and let marinate for 20 minutes.

Make the sauce while the beef is marinating. In a small bowl, dissolve the cornstarch in the soy sauce and stir in the sherry. Add broth or water, sugar and Oriental sesame oil.

Put 3 tbsp oil in stir fry pan or wok, add ginger root, garlic, fresh red chili, and broccoli. Finally add beef & cook until meat is ready. Serve with rice.



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## Fraser Valley Chicken Cordon Bleu

### Directions:

350° oven

Put a small amount of oil in fry pan. Brown chicken on both sides. After browning, place Chicken Cordon bleu in 350° oven for 35 - 40 minutes.

Good also with Bearnaise or Hollandaise Sauce

Enjoy!



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