

Peppered Beef and Mixed Mushroom Stir-fry

200g beef strips

Good pinch cracked black peppercorns

Good pinch Sichuan peppercorns

3 teaspoons canola oil

¼ onion, sliced thickly

1/2 cloves garlic, crushed

1/2 teaspoons freshly grated ginger

50g shitake mushrooms, halved

50g oyster mushrooms, halved

50g button mushrooms, halved

30ml mirin or sherry

2 teaspoons soy sauce

1 teaspoons cornflour

1/2 tablespoon water

In a medium bowl, combine the meat and both peppercorns. Mix well.

Heat the oil in a large fry-pan or wok and stir-fry meat in batches, remove from wok.

Add onion, garlic and ginger and stir-fry until onion is transparent. Add mushrooms; stir-fry until lightly browned.

Stir in the combined mirin, soy sauce, blended cornflour and water; stir until the mixture boils and thickens slightly.

Return meat to the wok and mix to combine.

Serve with a selection of vegetables.

Italian lamb stew

3 tsp canola oil
1/4 onion, sliced
1/2 clove garlic
1/4 red capsicum, cut into 3cm cubes
200g diced leg of lamb
freshly ground pepper
1/2 tsp fresh rosemary
1/4 tsp dried marjoram
1/4 cup red wine
2 tsp tomato paste

Heat oil in a saucepan. Add onion, garlic and capsicum and cook until golden. Remove to a plate.

Add meat and brown on all sides. Remove, and brown remaining meat.

Return meat and vegetables to saucepan and season with pepper.

Add herb and red wine and simmer until red wine reduces by half.

Add tomato paste and enough water to surround meat. Cover and simmer for 1 hour or until meat is tender.

Serve with a selection of salad or vegetables.