

# LONE STAR LABRADORS

## MILLENNIUM STIR FRY

1 cup beef bouillon	¼ cup oil
¼ cup soy sauce	1 medium onion, thinly sliced
¼ cup honey	1 stalk celery, thinly sliced
¼ cup rice wine vinegar	½ red sweet pepper, sliced
1 teaspoon grated fresh ginger	1 cup pea pods
1 ½ pounds sliced breast meat	4 cups cooked rice

### Preparation:

Combine in a medium bowl: bouillon, soy sauce, honey, wine vinegar, and ginger. Add sliced meat, and stir gently. Cover the bowl and refrigerate 1-4 hours.

### Cooking:

1) Pour off the marinade into another bowl and save it. Dry the meat slices with paper towels. Heat the oil to just below the smoking point, over medium-high to high heat, and quickly stir-fry the slices of meat. Remove the meat, and stir-fry the onion, celery and red sweet pepper until it begins to soften, about 5 minutes.

2) Add the meat back into the pan, add the marinade, and reduce the heat to low. Let the mixture simmer about 8 minutes until the sauce is reduced by about half. Add pea pods and toss until just warm. Serve over rice.

From Duck and Goose Cookery by Eileen Clarke. Visit [http://www.ducks.org/bookstore/books\\_Q0577.asp](http://www.ducks.org/bookstore/books_Q0577.asp) to buy this cookbook, or call 1-800-45-DUCKS