

Sukiyaki

This is a great meal, first cooked on a hike by Al Walters, many years ago. It is delicious and very easy to make. I strongly suggest that you try it at home before the hike.

INGREDIENTS

- Sirloin steak - 1/3 lb. for each person
- Onion (one large for 4 people)
- Green pepper (two peppers for 4 people)
- Mushrooms (one lb. for 4 people)
- Celery (two stalks for 4 people)
- Seasoning ingredients:
 - 4 beef bouillon cubes
 - 3 Tbsp. brown sugar
 - 3 Tbsp. soy sauce
- 2 Tbsp. corn starch
- Additional Ingredients: oil or oleo for browning meat, 1/2 cup rice for each person.
- Other supplies: oil, flour, bread, hot cocoa mix

INSTRUCTIONS

1. Trim fat from steak and cut into long, thin slices (you can do this at home). Brown this meat in the oleo or oil in your Dutch oven (put meat in after the oil or oleo is good and hot). Do NOT cover.
2. Leave steak in oven and add your onion (sliced), green pepper (cut into strips), mushrooms (sliced), and celery (sliced). Do NOT stir. Cover and simmer for 10 minutes until vegetables start to go limp.
3. While doing the above, make your consommé: Bring 3 cups of water to a boil and then add the bouillon cubes. Stir until dissolved.
4. When the meat and vegetables have simmered for 10 minutes or until the vegetables are limp, pour in the consommé (be sure it is hot). Mix thoroughly.
5. Cover and simmer for 10 minutes more.
6. While this is cooking, make the sauce. Mix together the brown sugar, soy sauce and corn starch with enough water to make a watery paste.
7. Add this sauce to the Dutch oven, stir very well, and simmer uncovered until it thickens and smells good. Then cover and remove from the fire while you make your rice.

Rice: Make sure and cook it in a pan that has a tight lid. For every half cup of rice, use 1 cup of water. Put water in your pan and after covering, bring to a boil. Add the rice and cover tightly. When all water is absorbed by the rice, remove from the fire and let sit for 10 minutes - tightly covered. The meal is ready.

Hint: Trim and slice meat at home. Trim and slice onions, green peppers, mushrooms and celery at home also. If you do this, do it on Friday night and place in separate airtight packages. Keep in the refrigerator until you leave for the hike. You can do the same thing with your sauce.