

Yak Stir Fry

(Recipe Compliments of WoodsEdge Farm)

Ingredients:

1.5 pounds WoodsEdge Yak Skirt Steak,
cut into thin strips
3 tablespoons Dry sherry
2 tablespoons Vegetable oil
1 Onion, chopped
2 cloves Garlic, crushed
2 tablespoons Soy Sauce
1 inch piece of Ginger, peeled & grated
2 large carrots cut into very fine sticks
1 large head of Broccoli, cut into small florets
Rice Boiled, to serve



Preparation:

1. Season the yak with salt and ground black pepper and toss together with the sherry. Cover and leave to marinate for 5 minutes.
2. Heat the oil in a large wok or skillet and fry the onion for a few minutes. Then add the garlic, ginger and carrots for 2 minutes until softened slightly.
3. Stir in the yak, sherry and broccoli and stir-fry for 3 minutes turns brown and the broccoli is becoming tender.
4. Pour in the soy sauce, cook for 1-2 minutes and serve immediately with boiled rice.

Bon Appetite!

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WoodsEdge Farm
— *Tibetan Yaks* —
STOCKTON, N.J.