

Chinese Beef Stew Contest

Winner's Recipe:

- Start with whole flank steak.
- Lightly cooked in boiling water to remove fat.
- Pan Fried both sides.
- Sprinkle with wine.
- Add fermented bean curd 南乳, sugar & other seasonings.
- Slow-cook for 2 hours.



Chinese beef stew contest and book reviews – Good for the Body and Soul



To enter the Chinese beef stew contest
please register with Karen Ho.

Winner could be you!

*Fun game with book giveaway
Potluck dinner Praise*

Saturday, October 8, 2011

6:00 – 9:00 pm

**2400 Old Crow Canyon Rd
San Ramon**

www.gileadbiblechurch.org

