Chinese Beef Stew Contest

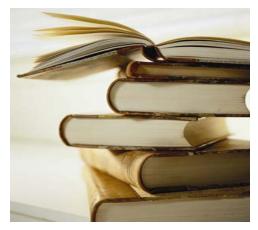
Winner's Recipe:

- 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