



Food image courtesy of longbournfarm.com

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Ingredients

- 300 gm beef steak cut in strips
- 2 onions thinly sliced
- 150 gm mushrooms sliced
- 1 tablespoon butter
- ¼ cup cream
- ¼ cup white wine
- 200 ml water
- 1 teaspoon ketchup
- 3 tablespoons flour
- ½ tablespoon vegetable oil
- Salt and black pepper



Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. Season the beef with salt and pepper.
3. Heat some oil in a frying pan and cook the beef over high heat till it browns. Set aside.
4. Add butter to the same pan. Fry the onions over medium heat until golden brown. Then add the mushrooms and flour and cook until mushrooms soften. Add the beef back in.
5. Add in white wine and continue to cook until the alcohol has evaporated. Then add in the cream, water and ketchup. Simmer for 3 minutes. Season with salt and pepper to taste.
6. Serve and see your family enjoy and want more!

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