

Morrie's Main Meal, Satay Beef and Vegetables

Morrie has a 5 tray Sunbeam Food Dryer and nowadays only uses 3 or 4 trays at a time to allow for better air circulation and faster drying times.

550 grams lean Mince
one can of Asia @ Home Thai Satay (stir fry sauce 300g)
one can of Edgell Baby Peas & sweet corn (420g)
2 good sized carrots.

Serves 3

Peel and slice carrot length ways and then slice cross ways to be not more than 3 millimetres thick. Lightly steam until almost cooked.

Add a little olive oil to a hot pan , brown meat and cook, then add peas, corn and carrots and let simmer for a few minutes. Remove from heat and let cool. Place in fridge for a few hours or overnight.

Next, spread evenly out onto the dryer trays to start the drying process = 5 to 7 hours. Do not over dry, divide and weigh into even portions and place into zip lock bags, label and place into the fridge. Use within 2 months.

Summarize; The above portions serve 3, usually I enjoy 1 serve immediately and dry 2 serves. Later, on the track at day's end, boil about 1 cup 200 - 250ml of water and add one serve of Satay Beef to the billy. Let stand for an hour, stir occasionally, then gently bring to a simmer and enjoy.

By Morrie Donovan