

Surf and Turf Stir Fry

One will fill about 3 medium Freeze Dryer trays*

[John In Bibs': Surf and Turf Stir Fry Freeze Dried Ep249](#)

Ingredients:

2 lbs Top Sirloin Steak	2 red bell peppers chopped
1 Cup Soy Sauce	2 Tbsp Oyster Sauce
1 Cup Worcestershire Sauce	1-13oz bag of frozen baby sweet peas
2 Cups Onion	2-10oz frozen sugar snap peas
4 cloves Minced Garlic	1 Can baby corn
1 Cup thinly matchstick carrots	
4 stalks of celery chopped	



Directions:

1. Thinly slice the steak, either by hand or with a meat slicer
2. In a bowl place the meat, soy sauce, and Worcestershire sauce, cover and let stand and marinate for several hours or overnight in the fridge.
3. Transfer the meat straight to a hot pan to cook, put marinade aside to use again later.
4. Set cooked steak aside.
5. Using the same pan, saute onions and garlic, about 7 minutes. Add the carrots, celery, and bell peppers. Cook for a couple of minutes, as cooking add oyster sauce.
6. Then add frozen peas and if desired a can of baby corn and continue to cook a little longer, cover and lower heat, check on occasionally and add used marinade if you need more moisture. Cook until tender (about 15 minutes) Carrots are tender but not mushy.
7. Add meat, and remainder of marinade back to the pan, return to a boil
8. Line your freeze dryer tray, spread stir fry evenly across tray, can add the extra liquid onto trays before pre-freezing
9. Use dividers to help set portions, then pre-Freeze and Freeze Dry (I used my dividers in 4 portions per tray)
10. Store Appropriately. (See Tips and Tricks for storage help)

Cycle Time: Varies	Rehydration: Rehydration: Add some boiling water, let sit for 2 minutes, stir, add more water if needed, then let sit another 2 minutes, until you reach desired texture.
---------------------------	--



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray