Step Outdoors

Camp Stir Fry

OBJECTIVE

To create a one pan meal teaching basic sauté techniques over a camp stove.

MATERIALS REQUIRED

Coleman Stove, large frying pan, venison 1Kg, 4 carrots, 4 celery sticks, 1 large onion, 1 cup fresh mushrooms, bullion cube, 4 tbps of oil, 3 cloves of garlic, seasoning salt, soya sauce, 2 tbps corn starch, 1 cup water.

ACTIVITY

- While meat is still partially frozen slice across the grain into thin strips, dice garlic fine, and rough cut vegetables into bite sized pieces.
- Heat 4 tbps of oil in a large frying pan, until smoking hot. Add meat in small batches and stir while frying. Remove from heat once meat is cooked through. Place meat on paper plate and reserve oil in pan.
- Add vegetables and ½ cup of water to pan. Allow vegetables to cook through then return meat to the pan.
- Add soya sauce to ½ cup water and mix in corn starch. Add to pan and allow to come to a boil. Corn starch will create a thick sauce.
- Serve over a bed of rice or noodles or in a wrap. Enjoy!

EXTENSION

Use teriyaki flavouring and add extra vegetables to create your own variation of the recipe. Substitute chicken breasts or pork for venison.

Time: 1.0 **hour**
Intro: 10 min
Activity: 45 min
Discussion and Review: 5 min

Safety

Fire
Sharp Implements
Food Allergies

NOTES

Manitoba Wildlife Federation