



HAWAIIAN TERIYAKI

Serves 5

1 1/2 lbs. top sirloin, one inch thick
Canned water chestnuts
Soy marinade

To make the sauce mix:

1/2 cup soy sauce
1/4 cup brown sugar
2 tablespoons olive oil
1 teasp. dry ginger
1/2 teasp. monosodium glutamate
1/4 teasp. pepper
2 cloves of garlic, minced.

Slice the beef into 1/4 inch strips. Stir it into marinade and refrigerate overnight or let stand 2 hrs. at room temperature. Fold strips of meat, accordion style on to skewers. Put a water chestnut at each end of skewer. Broil 12 minutes over hot coals. Turn frequently, baste with some sauce. Serve with boiled rice, and pineapple salad.