

To celebrate the 25th anniversary of the Milk Calendar, author Anne Lindsay has developed 21 new recipes for the event.

The calendar will be available free in this Sunday's *Free Press*.

Here, from the calendar in advance, is the July 2002 recipe.

Ginger Beef and Broccoli Stir-Fry

- 30 ml (2 tbsp) cornstarch, divided
- 50 ml (1/4 cup) soy sauce, divided
- 15 ml (1 tbsp) lemon juice or dry sherry
- 450 g (1 lb) stir-fry beef strips
- 250 ml (1 cup) milk
- 2 ml (1/2 tsp) hot pepper sauce or chili paste (optional)
- 30 ml (2 tbsp) vegetable oil
- 1 onion, sliced
- 4 cloves garlic, minced
- 30 ml (2 tbsp) minced ginger root (or 10 ml/2 tsp ground ginger)
- 1.5 l (6 cups) broccoli pieces (675 g/1 1/2 lb)

In bowl, stir together half each of the cornstarch and soy sauce with the lemon juice; add beef and stir to coat. In separate bowl, stir together milk, remaining cornstarch and soy sauce and hot pepper sauce, if using; set aside.

In wok or nonstick skillet, heat oil over high heat; stir-fry beef mixture and onion for 2 minutes or until browned. Add garlic, ginger and broccoli; stir-fry for 2 minutes. Stir in milk mixture; cook, stirring often, for 4 minutes or until sauce is thickened and broccoli is tender-crisp.

Serve over rice or Chinese noodles.

Makes 4 servings.

Note: Transform this dish into an exotic taste experience by using sherry in place of the lemon juice, adding 50 ml (1/4 cup) oyster sauce or hoisin sauce along with the milk and 500 ml (2 cups) of chopped bok choy along with broccoli.