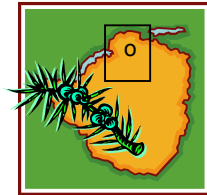


MAKUTI MONKEY GLAND STEAK



Hey, why pick on us...why not use Hyena Glands?



This is not on... I'm phoning the RSPCA

INGREDIENTS:

Steak: Use tender sirloin or rump



Marinade / Sauce:

3 Tablespoons of Worcestershire sauce

3 Tablespoons of vinegar

6 Tablespoons of tomato sauce

6 Tablespoons of chutney (preferably Mr's Balls or should that be Mrs Balls?)

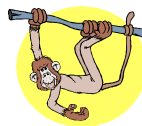
2 chopped onions.



This will be enough marinade for four medium size steaks

PREPARATION:

Mix the ingredients for the marinade.



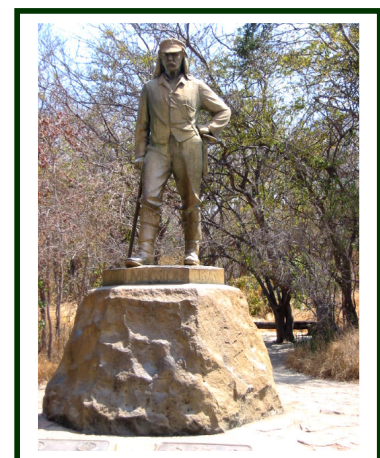
Spread marinade generously over steaks. Marinade in fridge for a minimum of four hours, preferably over night

Before braaiing (BBQ'g), scrape off marinade. Bring remaining marinade to the boil and cook for five minutes. Serve as a sauce.



Recommended Wine:

Cabernet Sauvignon or Shiraz



UBI "Did you know, it is estimated that at any one time 0.7% of the world's population is drunk?"

