

Greetings from ...

Virginia Beach (Day 3)

Today the sun finally came out! We were all so happy. It is warming up nicely but not too hot. We are hoping that this will continue and we will have a much nicer time here than last year when it rained and rained.

Inna is beginning to really get in her groove with the food. The recipes are starting to come out and we are trying several recipes that we haven't had in the past. It's fun to try new things. Some of us are more adventurous than others but no one seems to be going away from the table hungry. Sometimes meals are supplemented with the occasional peanut butter and jelly sandwich but we never leave the table hungry. Today's meals included a new twist on our French toast breakfast. This year for the first time we had it made with cinnamon swirl and raisin bread. We had more of the sausages that Valentin brought with him. We had some of these the first night too. For those of us who don't get them very often it is really nice to taste them again. Lunch was a Roast made into a wonderful Beef Stroganoff made with Sour Cream over rice, steamed Broccoli, and salad. Dinner was Salmon with salad and fresh green beans from the vegetable stand.

Soreness is becoming the watch word of the day. Everyone is beginning to get sore from all the exercising. It's too bad that there are always stairs in these houses. But the houses are great and it's so worth it. The coaches are also beginning to watch for blisters and other little things that make it uncomfortable to exercise.

Hope you enjoy today's recipe and pictures.

Beef Stroganoff

Roast beef (we used about 9 lbs)
1 pkg of dried onion soup
Sour Cream (to taste)
Flour (for thickener)

Cut into bite sized pieces not necessarily chunks. Put a little water in the bottom of a big casserole dish and brown/boil it. Then turn it down to a simmer. Let it cook for 2 to 3 hours so that the meat is nice and tender. Less if you have less meat perhaps. After meat

is nice and tender then add pkg of onion soup and continue to cook. Approx. 30 minutes before you are ready to serve, remove some of the juices to cool and then mix about 4 TBS of flour so it will dissolve well. Then pour it back over the meat. Approximately 15 minutes before you are ready to serve, mix in sour cream to taste. The sauce will be on the thinner side but will have some texture and sort of a reddish brown color. This recipe with this amount of meat will take about 3 hours to finish. If you are using less meat it should shorten the time a little bit.

This recipe is great over rice or noodles or even potatoes. The kids loved it. Hope you enjoy it too.

Served 18 and a little left over for another time.

The pool in the backyard and the inlet behind our house.

These are some of the kids from left to right starting at the back: Rachel Stanley, Dasha Kabanova, Yoyo Ma, Jessica Liu, Zach Culp, Chaim Hayward, Maggie Weedman, and Emily Ma



Zach is leading the pack on this particular run! Good job Zach!

Each day they go to the beach (3 times) and run in the soft sand to strengthen their muscles and joints and gain flexibility.

