

## **Chow Mein**

2 cups each sliced onions and celery	1 tablespoon Chinese molasses
1 tablespoon vegetable oil	1 can bean sprouts or Chinese vegetables, drained
2 cups leftover meat or poultry	3 tablespoons corn starch
2 cups chicken broth or bouillon cubes dissolved in 2 cups water	Chow mein noodles or cooked rice
3 tablespoons soy sauce	

Sauté onions and celery in the oil until crisp tender. Add the next five ingredients. Simmer 5 to 10 minutes. Stir in corn starch, cook until thickened. Serve over noodles with rice on the side. 4 to 6 servings. Be careful not to overcook the celery and onions.

## **Chop Suey**

1 pound lean pork*, cut in thin strips	1 bouillon cube
2 tablespoons vegetable oil	1 can (16 ounces) bean sprouts, drained
½ cup sliced onions	1 can (5 ounces) water chestnuts, drained, sliced
1 cup celery, cut in thin strips	½ teaspoon salt
½ cup green pepper, cut in thin strips	2 tablespoons soy sauce
1 tablespoon cornstarch	
1¼ cups water	

Cook pork in hot vegetable oil until brown, stirring occasionally. Add onions, celery and green pepper; cook 3 minutes. Combine cornstarch with a little water, then stir in remaining water and bouillon cube. Add to vegetable mixture; cook just until thick. Add bean sprouts, water chestnuts, salt and soy sauce; heat. Vegetables should be crisp, not overdone. Serve with hot rice. 4 servings.

\* Lamb, veal, or chicken may be used instead of pork. With chicken, use chicken bouillon cube and garnish with ½ cup blanched slivered and toasted almonds.

## **Chinese Fried Rice**

1 lean pork chop	1 clove garlic, minced
¼ cup minced ham	1 teaspoon salt
¼ cup vegetable oil	1/8 teaspoon pepper
1 medium onion, chopped	½ teaspoon ginger (optional)
1 medium green pepper, chopped	3 to 4 cups cooked rice
½ cup chopped parsley	4 eggs

Cut pork in julienne strips and cook with ham in two tablespoons vegetable oil until brown. Add onion, green pepper, parsley and garlic; cook until tender. Add remaining vegetable oil, salt, pepper, ginger and rice; stir lightly to mix. Make a well in the center of rice mixture, add eggs and cook until semi-solid. Then stir into rice while cooking over medium heat 2 to 3 minutes. 6 servings.