

Crab Rangoon

16 oz. cream cheese, softened
½ Cup imitation crab meat, chopped
2 green onions, chopped
1 teaspoon sugar
1 ½ cloves garlic, minced
1 package wonton wrappers

1. Mix first five ingredients well.
2. Spoon 1 Tablespoon of mixture onto wrapper.
3. Bring all corners up (at top of mixture) and pinch to secure.
4. Deep fry about one minute or until golden brown and crispy.
5. Drain on paper towels.

Makes about 25-30

Egg Rolls

4 oz. cleaned fresh mushrooms
4 green onions
2 ½ Cups finely shredded cabbage
4 oz. can of bamboo shoots
¼ Cup water chestnuts
2 carrots
½ Cup celery

2 Tablespoons soy sauce
2 teaspoons pared ginger root, grated
1 teaspoon sugar
½ teaspoon salt

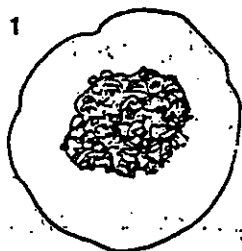
¼ Cup water
1 ½ Tablespoons cornstarch

24 egg roll wrappers

1. Finely chop the vegetables – can use a food processor.
2. Put in a large mixing bowl.
3. Add soy sauce, ginger root, sugar, and salt. Mix well.
4. Mix water and cornstarch in a small bowl.
5. Put ¼ Cup of vegetable mixture in each wrapper.
6. Carefully roll wrappers around filling, folding in corners.
7. Moisten the last corner with cornstarch & water and fold over to seal.
8. Deep fry for about 3 – 5 minutes.
9. Drain on paper towels.

Variation – add shrimp or pork sausage to the vegetables before wrapping

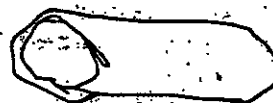
Step 1



Step 2



Step 3



Wrapping Egg Rolls

This is an American adaptation of what are called spring rolls in eastern and southern China. We are most familiar with the version that is made in Canton. This version uses a batter of eggs and flour as the wrapper, while most Chinese versions call for a pastry dough.

In China, Egg Rolls are eaten on Chinese New Year because the rolls are symbols of prosperity. They are rarely included in a regular meal but are sometimes served as the final course at a banquet or eaten as snacks. Egg Rolls are great for parties, as they can be eaten with the fingers.

Cashew Chicken

s
a
u
c
e

¾ Cup orange juice
1/3 Cup honey
¼ cup soy sauce
1 Tablespoon cornstarch
1 teaspoon ground ginger
1 teaspoon garlic salt
½ teaspoon pepper

2 Tablespoons vegetable oil
4 green onions, chopped
3 large carrots, cleaned and sliced
2 celery stalks, sliced
1 lb. boneless, skinless chicken breast, cut in thin (about 1-inch) strips
1 Cup cashews

3 Cups hot cooked rice

1. Combine all sauce ingredients; set aside.
2. Heat 1 Tablespoon oil until it begins to smoke.
3. Stir fry vegetables for several minutes until the onions become fragrant.
4. Remove from wok and transfer to dish. Cover and keep warm.
5. Heat 1 Tablespoon of oil until it begins to smoke and stir fry chicken strips until lightly browned and tender.
6. Add cooked vegetables, cashews, and sauce mix.
7. Continue cooking until sauce bubbles and thickens.
8. Serve over hot rice.

Makes 4-6 servings

EGG FOO YUNG*

Moderate Cost

Food Category: Eggs

1/2 cup fresh bean sprouts
4 fresh mushrooms, diced
~~1/2 lb. shrimp~~
2 to 4 tbsp. oil
3 eggs

Sauce

3/4 cup chicken broth
1 tbsp. soy sauce
1/2 tsp. salt
1 tbsp. cornstarch dissolved in 2 tbsp. cold water

1. Bring broth to boil.
2. Add soy sauce, salt and cornstarch mixture.
3. Reduce heat. Cook for 2 minutes until sauce is thick and clear. Keep warm.
4. Rinse fresh bean sprouts. Drain and pat dry.
5. Rinse shrimp under cold water. Pat dry. Dice into 1/4-inch pieces.
6. Place bean sprouts, shrimp, mushrooms,

- eggs, oil, stock, soy sauce, salt, and cornstarch mixture within easy reach.
7. Set wok over high heat for 30 seconds. Pour in 1 tbsp. oil, swirl around wok, and heat for another 30 seconds. Add shrimp and stir-fry 1 minute. Transfer to plate.
8. Beat eggs well. Add shrimp, bean sprouts, and mushrooms. Set wok over high heat for

EGG DROP SOUP

Low Cost

Food Category: Soup

6 cups chicken broth
4 oz. spinach

1 green onion
2 eggs

1 tsp. salt
2 tbsp. cornstarch dissolved in
2 tbsp. cold water

1. Wash and separate spinach leaves. Break into 4-inch sections.
2. Beat eggs.
3. Bring chicken stock to boil. Add salt and spinach.
4. Add cornstarch paste. Stir a few seconds until stock thickens.
5. Slowly add eggs. Stir gently in one direction so threads form. Turn off heat immediately. Taste. Add salt if necessary.

6. Pour soup into warm bowl. Garnish with chopped green onion. Serve at once.

Serves 6.

Recipe Tips

- If pressed for time, use bouillon cubes (one cube per cup of water) to make broth.
- Warm bowl by placing it in hot water.

* Do Both Recipes *

30 seconds. Add 1 tbsp. oil, swirl it around pan, reduce heat to low, and pour in $\frac{1}{4}$ cup of egg mixture. Let cook undisturbed for 1 minute until lightly browned. Turn pancake. Cook another minute. Transfer to warm platter, cover with foil to keep warm. Make 5 more pancakes with remaining mixture, adding 1 tsp. oil to pan as necessary.

Egg Foo Yung is a Chinese omelet. It was named after the big foo yung flower, which we know as the hibiscus. The vegetables inside the omelet are crunchy; the eggs are soft and creamy. This Cantonese dish can be served as a quick and delicious main dish. This recipe is an American adaptation because it is served with a sauce, instead

9. Serve with sauce poured over each pancake.

Serves 6.

Recipe Tip

- To warm platter, place in oven preheated to lowest setting.

of plain, as in Canton.

Eggs are an important source of protein in China. In a Chinese market you will see many varieties: speckled quail eggs, duck eggs, brown hen eggs, and preserved eggs called thousand-year-old eggs. Hard-cooked eggs are eaten as snacks, and eggs are added to soups.

VEGETARIAN FRIED RICE

prep time: 45 min. • yield: 3 (1 1/2-cup) servings

Brown rice, with its slightly nutty flavor, sets off a gingery-soy blend of fresh vegetables. To add another flavor dimension, garnish each serving with minced fresh cilantro.

3 cups cooked instant brown rice (cooked as directed on package)

1/2 cup sliced fresh mushrooms

1/2 cup shredded carrot

1/4 cup sliced green onions

1/4 cup chopped green bell pepper

1/4 teaspoon ginger

1 garlic clove, minced

2 tablespoons lite soy sauce

2 eggs, beaten

1/8 teaspoon pepper

3/4 cup frozen sweet peas, thawed*

1 While rice is cooking, spray large nonstick skillet or wok with nonstick cooking spray. Heat over medium heat until hot. Add mushrooms, carrot, onions, bell pepper, ginger and garlic; cook and stir 1 minute.

2 Reduce heat to low. Stir in cooked rice and soy sauce; cook 5 minutes, stirring occasionally.

3 Push rice mixture to side of skillet; add eggs and pepper to other side. Cook over low heat for 3 to 4 minutes, stirring constantly until eggs are cooked.

4 Add peas to rice and egg mixture; stir gently to combine. Cook until thoroughly heated. If desired, serve with additional soy sauce.

TIP: *To quickly thaw peas, place in colander or strainer; rinse with warm water until thawed. Drain well.

Nutrition Information Per Serving
Serving Size: 1 1/2 Cups

Calories	350	Calories from Fat	50
		% Daily Value	
Total Fat	6g	12%	
Saturated	1g	2%	
Cholesterol	140mg	27%	
Sodium	540mg	23%	
Total Carbohydrate	62g	21%	
Dietary Fiber	6g	24%	
Sugars	3g		
Protein	13g		
Vitamin A	120%	Vitamin C	20%
Calcium	4%	Iron	10%

Dietary Exchanges: 4 Starch, 1 Vegetable, 1 Fat OR 4 Carbohydrate
1 Vegetable, 1 Fat

COOKING IN A WOK

A wok is a round-bottomed Chinese cooking pan used for stir-frying, steaming, deep-frying, braising and stewing. Flat-bottomed woks rest securely on gas or electric burners, eliminating the need for the metal "ring" on which traditional woks are placed.

Choose a wok made of heavy-gauge steel such as carbon. Aluminum and stainless steel woks don't conduct heat as evenly. Woks made of carbon steel require special care to prevent rusting. Follow the manufacturer's instructions for "seasoning" a wok prior to the initial use and after subsequent use. Electric models, usually with a nonstick finish, are also available. They're more expensive but are convenient for cooking at the table.

Cook's Notes

Chicken Lo Mein

s
a
u
c
e

3 Tablespoons cornstarch
¼ Cup plus 1 Tablespoon soy sauce
¼ Cup dark brown sugar
¾ Cup chicken broth
1 Tablespoon plus 1 teaspoon sesame oil
3 cloves garlic, minced

1 ½ lb. boneless, skinless chicken breast, cut in thin strips
1 medium red onion, cut in chunks
2 Tablespoons vegetable oil
¼ lb. pea pods
1 each red, yellow, and green pepper, cut in thin strips
4 oz. baby corn, drained
8 oz. can sliced water chestnuts, drained

8 oz. Lo Mein noodles, boiled until tender, rinsed and drained well

1. Combine all sauce ingredients; set aside.
2. Put 1 Tablespoon oil in wok. Stir fry chicken strips and onions until almost done.
3. Add remaining oil with remaining ingredients and stir fry until hot.
4. Add ½ the sauce, mix well with the vegetables.
5. Transfer to dish, cover to keep warm.
6. Add remaining sauce mixture to wok, add cooked noodles, stir fry until coated and hot.
7. Place noodles on plate. Put chicken and vegetable mixture on top.

Serves 6 - 8