

Hurdley

FAIR  
EAST  
RECIPES

● FOR THE ELECTRIC RANGE ●

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FAR EAST RECIPES

featuring

CHINESE

JAPANESE

FILIPINO

RECIPES

THE SPEED  
AND  
CONTROLLED HEAT  
OF THE  
ELECTRIC RANGE

COOKS WITH  
THE GREATEST  
OF EASE  
AND PERFECTION

TESTED AND COMPILED BY  
MIRIAM JACKSON, DIRECTOR  
HOME SERVICE DEPARTMENT  
THE HAWAIIAN ELEC. CO.

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FILIPINO  
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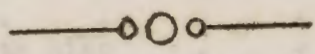
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Dear Homemaker,

This folder of "FAR EAST" recipes has been compiled to help you to vary your menus with recipes of our Far East neighbors.

If you are already familiar with the recipes, you will appreciate the ease of preparing them electrically.

Miriam Jackson



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NOTE:

Servings: If only one dish with rice is to constitute the meal, each recipe given in this folder will serve from four to five persons. However, if two or more dishes are to be used, then six to eight persons may be served from each recipe.



STEAM RICE

White rice is a part of every Oriental's diet and you will wish to have it available at all times. This is done by electrically steaming the rice.

# CHINESE

Small Quantity

1 1/2 cups rice  
1 1/2 cups cold water



Put a large quantity with a light boiling cover. Wash the rice thoroughly until the water is clear. Add cold water and steam. Place on 45-degree Fahrenheit side of the pressure gauge. Cook for 15 min. Steam.

ON 20 minutes  
OFF 20 minutes

Large Quantity

1 cup rice  
1 cup water

Prepare as for small quantity.

Steam:

ON 45 minutes  
OFF 20 minutes

Rice cooked by this method is tender and whole-grained. It cooks without boiling or excessive steaming to the maximum - boiling over or constant watching.

## STEAMED RICE

Since rice is a part of every Oriental menu and you will wish to accompany practically every dish given in this folder with rice, you will enjoy preparing it electrically by the following method.

### Small Quantity

$1\frac{1}{2}$  cups rice  
 $1\frac{1}{2}$  cups cold water

Use a roomy saucepan with a tight fitting cover. Wash the rice thoroughly until the water drained off is clear. Add cold water and cover. Place on Hi-Speed Calrod unit of the Hotpoint Range, switch to LOW. Steam:

LOW	20 minutes
OFF	20 minutes

### Large Quantity

3 cups rice  
3 cups water

Prepare as for small quantity.

Steam:

LOW	45 minutes
OFF	20 minutes

Rice cooked by this method is tender and whole-grained.

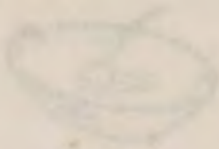
It cooks without burning or excessive sticking to the saucepan - boiling over or constant watching.



if desired, 1/2 teaspoon of salt may be added to the rice when it is placed on to cook.

Allow 1/2 cup rice (uncooked) per person. Rice increases in bulk about  $2\frac{1}{2}$  times during cooking.

Unpolished or brown rice requires 30 to 50 minutes longer cooking than the polished rice. It also requires a little more water.



## GENERAL DIRECTIONS FOR MAKING CHOP SUEY

These are just a few suggestions which will be of especial value to those who are new at making Chop Suey.

### UTENSIL

Chop Suey can be made in a large aluminum frying pan, iron skillet or a Chinese Rice Pan. The Rice Pan is a metal pan with very sloping sides and a narrow pointed center with a metal ring made to hold the pan from tipping. It can easily be used on the large Hi-Speed Calrod unit.



Although the shape of the Rice Pan makes it especially adaptable for Chop Suey cooking and is preferred by the Chinese people, it is not necessary for occasional Chinese cooking.

### MEATS

For Chop Suey, beef, pork, chicken or ham -- or a combination of meats such as beef and pork, pork and ham, chicken and ham, can be used. Ham combined with the other meats always adds flavor and is very attractive to use.

### VEGETABLES

Almost any combination of vegetables one likes can be used. However, the Chop Suey will be more at-

tractive and delicious in flavor if a little thought is given to selecting vegetables which combine well in flavor and are colorful in appearance. Color can be added by selecting one or more of such vegetables as Chinese peas, string beans, carrots, tomatoes or green pepper.

## HOW TO PREPARE

### MEAT

Use lean meat with a little fat. Wipe clean and cut fine into 2" length pieces. Cut first slantwise across the grain of the meat, then with the grain into fine strips.

### VEGETABLES

Clean and cut fine. To cut such vegetables as carrots and turnips, first cut into thin slices lengthwise, then across into thin strips. Cut celery, okra, Chinese cabbage and string beans slantwise into fine diagonal strips. Cut green onions into 2" pieces, including green tops.

Such vegetables as carrots, cauliflower, string beans, celery and turnips need a slight precooking to make them a little more tender. This can be done by steaming the vegetables in 1/2 cup of water for 5 minutes or blanching (sometimes spoke of as par-boiling.) To blanch, place the vegetables (a few at a time) in a colander or strainer, lower into boiling water for 2 to 3 minutes, remove and drain.

Dried mushrooms are preferable to canned mushrooms, although either may be used in Chop Suey. Soak the dried mushrooms at least 30 minutes before using.

Many Chinese dishes are flavored with ginger and the recipes call for ginger juice. To prepare ginger juice:

Peel a small piece of fresh ginger root and crush. Squeeze with 2 or 3 teaspoons of water and drain. Use this liquid for ginger juice.

### VEGETABLE CHOP SUEY

1/2 pound lean pork	2 or 3 celery stalks
1/4 pound ham	2 small or 1 large carrot
1/2 pound bean sprouts	1/4 pound string beans
1/2 bunch green onions	2 small turnips (daikon)
1 small onion	Peanut or Wesson Oil

Clean vegetables and cut fine. Cut meat into strips about 2" long.

In a saucepan place 1 tablespoon oil. Place on Hi-Speed Calrod unit of Hotpoint Range, switch to HIGH. When the oil is hot add all the vegetables except bean sprouts and green onions; add 1/2 cup water and cover. When vegetables are steaming switch unit OFF and steam 5 minutes and no more. Drain at once.

In the meantime crush a small piece of ginger root. Add 2 teaspoons of water and squeeze with the ginger. Take the juice and mix it with 1 teaspoon flour, 1 teaspoon sugar and 1 teaspoon shoyu. Pour this sauce over the meat and allow to stand a few minutes. Place large frying pan on the large Hi-Speed Calrod unit, add a little oil and one piece of crushed garlic. Switch unit to HIGH. Press garlic firmly against the sides of the pan while frying; when dry and brown remove and add the meat and brown slightly.

When the unit becomes too hot switch to LOW or OFF. Add the vegetables and green onions. Stir frequently and when heated pour over all a gravy made as follows:

#### GRAVY

2 teaspoons flour	2 tablespoons shoyu
2 teaspoons sugar	1/2 teaspoon salt
1 cup water	

When the gravy is boiling switch unit OFF. Steam a few minutes and serve.

#### PORK CHOP SUEY

1/2 pound pork	3 or 4 stalks of celery
1/4 pound ham	10¢ dry mushrooms
1/2 bunch green onions	2 tablespoons shoyu
1 small head cauliflower	1/4 teaspoon ajinomoto
1/2 pound Chinese peas	1/2 teaspoon salt
1 small dry onion	2 tablespoons peanut oil
1 teaspoon sugar	

Cut vegetables and meat into fine strips. Blanch celery and cauliflower (see general directions page 7). Place the frying pan or "Rice Pan" over the large Hi-Speed Calrod unit, switch to HIGH and in two or three minutes the pan will be heated. Add the oil and spread over the pan. Add meat and dash with salt. When seared and heated, add onion, mushrooms (soaked), celery and cauliflower. When slightly cooked add Chinese peas and green onions. Then add sugar, salt, ajinomoto and shoyu. Blend and when heated through switch unit OFF and cook 5 to 10 minutes. Serve.

CHICKEN CHOP SUEY

1 to 1½ pounds chicken or chicken and pork  
1 small or 1/2 large cauliflower  
4 stalks celery  
1/2 can bamboo shoots  
1 clove garlic  
10 water chestnuts  
1 cup green Chinese peas  
1/2 cup green onions  
Chinese parsley  
Peanut oil

Sauce

2 teaspoons shoyu                      1 teaspoon ginger juice

Mix and pour over chicken. Allow to stand for a few minutes.

Gravy

2 teaspoons corn starch    1 cup water or meat stock  
1 teaspoon shoyu            1/2 teaspoon sugar

Soak mushrooms in warm water 15 minutes. Squeeze, rub with Hawaiian salt, rinse thoroughly and cover with water. On a Hi-Speed Calrod unit of Hotpoint Range bring to boiling point. Rinse and squeeze dry. Cut into thin strips.

Clean and cut into strips all vegetables except peas. Blanch the celery and cauliflower by dipping into boiling water for a few minutes.

Now prepare Chicken Chop Suey as for Vegetable Chop Suey.

## BEEF AND TOMATO

1 pound beef	1 green pepper
2 medium dry onions	2 tablespoons peanut oil
3 medium tomatoes	Clove of garlic

Cut meat and vegetables as for Chop Suey. Cut the tomatoes into sections. Place the meat in a bowl and pour over it a sauce made from 1 tablespoon peanut oil, 1 teaspoon shoyu and 2 teaspoons flour. Allow to stand 10 to 15 minutes.

Place frying pan or "Rice Pan" over the large Hi-Speed Calrod unit. Switch to HIGH and when the pan is heated (in 2 or 3 minutes) add oil and crushed piece of garlic. Press the garlic against the sides of the pan. When browned and dry remove and add the meat with the sauce. Cook for 5 to 10 minutes, stirring frequently. Then remove the meat and gravy that has formed. Set aside. Place a little more oil in the pan and return to the Hi-Speed Calrod unit. Add the onion and green pepper. Cook slightly. Then add the meat and tomatoes. Blend and when the gravy bubbles up switch unit OFF and serve at once. Overcooking toughens the meat and causes the tomatoes to become mushy.

## FRIED RICE

1 pound Chinese roast pork (or oven roast pork can be used)  
1 pound fresh shrimps, cooked and diced - or 1 can shrimps  
5 cups cooked rice  
1 bunch green onions, chopped very fine

3 tablespoons shrimp sauce (harm har)  
3 tablespoons shoyu

Rice which has been cooked the day before is best to use as it should be thoroughly dry when being used for Fried Rice. Place frying pan over the large Hi-Speed Calrod unit of the Hotpoint Range, switch unit to HIGH, add peanut oil to slightly cover bottom of frying pan. When pan is hot add the roast pork, shrimps, green onions, fry until heated through. Add rice broken apart with the fingers or a large fork. Add shrimp sauce and shoyu. Toss all together until thoroughly blended and cook 5 to 10 minutes. Just before serving break 2 or 3 eggs into a cup, beat slightly. Add to the rice, blend and when the eggs are cooked serve garnished with slices of tomato or chopped Chinese parsley.

#### PICKLED SPARE RIBS

Peel and slice thin 3 or 4 Chinese turnips. Sprinkle generously with salt, rubbing the salt into the vegetable. Use Hawaiian salt if possible. Allow to stand 30 minutes. Then wash thoroughly and squeeze dry. Place the turnips in a serving bowl and add 4 tablespoons vinegar mixed with 2 tablespoons sugar.

In the meantime, in a large frying pan place 2 pounds pork spare ribs, cut into small pieces. Cover with boiling water and on Hi-Speed Calrod unit switched to HIGH bring to the boiling point. Drain and dry the meat on a clean towel. Return the frying pan to the unit; add a little oil. When hot, add spare ribs and brown. Switch to MEDIUM or LOW if the unit becomes too hot. When the spare ribs are browned add a sauce made as follows:



In a bowl place 1 clove of garlic and 1 small piece of ginger. Add 2 tablespoons of washed salted black beans (tausee). Crush all very fine. Then add 2 tablespoons sugar, 2 tablespoons shoyu, 3 tablespoons vinegar, 1/2 teaspoon salt, 2 teaspoons flour. Mix with 1 1/2 cups water. Pour over spare ribs and bring to boiling. Switch unit OFF and cook 10 minutes. Put spare ribs and sauce on top of pickled turnips and serve.

### PORK HASH

1 pound pork	1/2 teaspoon salt
6 water chestnuts	1 teaspoon shoyu
3 or 4 green onions	2 eggs

Ask the butcher to cut the pork very fine.

Peel and crush chestnuts. Mix meat, chestnuts, shoyu and salt, then add slightly beaten eggs. Shape into a ball; press into a shallow bowl, sprinkle the top with chopped green onions and steam. To steam in the Thrift Cooker of the Hot-point Range, place rack in bottom of cooker, add water (enough to come up to the rack) and switch unit to HIGH. When steam appears from vent place pork hash on the rack and continue steaming with switch on HIGH until steam again appears from the vent; then switch to LOW and steam 20 minutes or until liquid begins to appear around hash. Remove from cooker and serve at once.

FRIED MULLET WITH TOMATO AND GREEN ONIONS

Clean mullet and rub with a little Hawaiian salt. Let stand 1/2 hour. Then place whole in boiling water to cover; add to the water a small piece of crushed ginger and 2 teaspoons salt. Place over LOW heat on Hi-Speed Calrod unit of Hotpoint Range for 10 to 15 minutes, remove and drain. Add a little oil to a frying pan and place on large unit switched to HIGH. Add the tomatoes, which have been pared and quartered, 5 or 6 green onions cut in 2" lengths and fish. Add gravy and with switch at HIGH bring to boiling point. Switch OFF and steam 10 to 15 minutes.

Gravy

2 teaspoons ginger juice 2 teaspoons sugar  
2 teaspoons corn starch 1 tablespoon shoyu  
3/4 cup water

STUFFED OYSTERS

1/2 pound dried oysters 1 teaspoon sugar  
1/2 pound lean pork 1 cup mushrooms  
1/2 pound ham 2 teaspoons shoyu  
1/2 cup green onions 1 teaspoon salt  
5 or 6 water chestnuts 1 egg  
25¢ worth leaf lard (mon you)

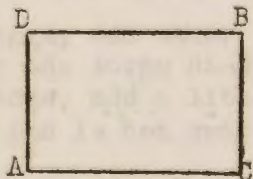
Soak oysters over night in cold water to cover. Next morning place on Hi-Speed Calrod unit of Hotpoint Range, switch to HIGH and when boiling turn to LOW and continue cooking for 1 hour. Remove and wash thoroughly in cold water. Cut away any hard particles. Chop fine the mushrooms, pork, ham, water

chestnuts and green onions. Blend with shoyu, salt sugar and slightly beaten egg. Take each oyster and partly split in half. Fill with stuffing, then wrap each in a leaf lard. Place in bowl and in Thrift Cooker of Hotpoint Range steam for 20 minutes on HIGH. Then dip each oyster in slightly beaten egg and roll in flour. Fry in deep fat until brown. To fry, using the THRIFT COOKER, Place oil to a depth of 2 inches (or 2 or 3 pounds of Crisco) in the cooker pot. Place on Hi-Speed Calrod unit and heat to frying temperature with switch on HIGH. The fat should be heated to 360 degrees or until it will brown a piece of bread in 40 seconds, counting the seconds by saying: 101, 102, 103, etc. Then add oysters a few at a time, turning until they are brown. Remove to a piece of absorbent paper and drain off excess fat. Serve hot.

### CRISP WUN TUN

1/2 pound fresh lean pork or fresh shrimps, cooked  
1 teaspoon ginger juice  
1 teaspoon shoyu  
1/2 teaspoon salt  
2 or 3 green onions chopped fine

Chop pork or shrimps very fine as for pork hash. Add ginger juice, salt, shoyu and onions. Place a little of this stuffing on a "wun tun" skin, which can be purchased at any Chinese restaurant or store. Fold the skin as follows:



Press A and B corners firmly together and twist slightly to the left. Twist corner C to the left and corner D to the right. The finished product will be in the shape of a triangle, the slight twisting of the corners is sufficient to hold the stuffing in the center. Fry in deep fat as for stuffed oysters. Serve hot.

### SCRAMBLED EGGS WITH SHRIMPS

1 can shrimps or 1 cup fresh cooked shrimps  
1/2 cup green onions  
5 or 6 eggs

Place frying pan over the large Hi-Speed Calrod unit of the Hotpoint Range, add a little oil and switch unit to HIGH until pan is hot, then OFF. Add slightly beaten eggs, shrimps and green onions; salt to taste. Cook until eggs are firm, stirring frequently.

### EGGS FOO YUNG

1/2 lb. fresh or canned shrimps  
1/2 cup green onions  
1 teaspoon sugar  
2 teaspoons shoyu  
1/2 teaspoon salt  
6 to 8 eggs

Slightly beat eggs; add other ingredients. Place frying pan over the large Hi-Speed Calrod unit of the Hotpoint Range, add a little oil and switch unit to HIGH. When pan is hot switch unit to LOW and add

egg mixture in spoonfuls and fry as for pancakes. If fresh shrimp or lobster is used add 1 teaspoon ginger juice.

### IMITATION BIRD'S NEST SOUP

1 bunch long rice	1/4 lb. ham, chopped
2 qts. water	6 to 8 water chestnuts,
1 cup dried mushrooms (soaked and cut fine)	peeled and chopped fine
3/4 lb. lean pork, chopped	1/2 cup green onions, cut fine
	2 teaspoons salt

Soak long rice in cold water 20 minutes. Cut in 1" lengths. Place with 2 qts. hot water in the Thrift Cooker of the Hotpoint Range; switch unit to HIGH and cook until steam appears from vent. Add pork, ham, water chestnuts and salt and continue cooking for 20 minutes. Switch to LOW and simmer for 1 hour. Just before serving switch Thrift Cooker to HIGH and when boiling vigorously add green onions and two eggs slightly beaten. Stir quickly and serve immediately.

TAU LO (Chinese)  
MOCHI (Japanese)

### Coconut Mixture

1 grated coconut	10¢ washed caraway seeds
20¢ roasted peanuts, chopped fine	1 cup sugar

Mix all ingredients well together.

Place two packages of Japanese rice flour into a pan

of large bowl. Add just enough water to make a thick dough. Cut sugar mellow in 1/4" squares. Place a square of mellow in center of a small piece of dough and shape into a ball. Drop the balls into boiling hot water and cook until they float. Drain and roll in coconut mixture. Tau Lo should be eaten while fresh. It becomes hard when cold. To be served as a dessert or with afternoon tea.



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# JAPANESE



## TOFU SOUP

$1\frac{1}{2}$  cup fish (oku, opakapaka or any fresh fish)  
 $5\frac{1}{2}$  cups water                      rind of  $\frac{1}{4}$  lemon  
3  $\frac{1}{3}$  cup watercress                 $2\frac{1}{2}$  teaspoons salt  
 $1\frac{1}{2}$  teaspoons lemon juice        1 cube tofu

Cut the fish in half-inch cubes. Put water and salt in the Thrift Cooker and turn the switch to HIGH. When steaming vigorously from the vent add the fish and when again steaming from the vent, switch to LOW and cook 10 or 15 minutes until fish is tender. Add finely cut watercress, lemon juice, lemon rind and tofu cut in  $\frac{1}{2}$ " cubes. Switch to HIGH until boiling and serve.

## NISHIME

18" long kombu	1 cup Japanese taro
$\frac{1}{2}$ cup water	3 tablespoons dried bonito
$\frac{1}{4}$ cup gobo	2 teaspoons sugar
$\frac{1}{4}$ cup carrots	3 teaspoons shoyu
$\frac{2}{3}$ cup daikon	

Wash and tie the kombu in knots. Cut between the knots with a pair of scissors or with a knife. Add water and place on Hi-Speed Calrod unit, switch to HIGH. When steaming turn to LOW and cook for 45 minutes. To this add the vegetables cut in small irregular pieces and the bonito. When the vegetables are nearly done add sugar and shoyu and cook until shoyu is absorbed.



## FISH CAKES WITH MISO

$1\frac{1}{2}$  cups fish (any fresh fish)  
 $1/2$  cup miso  
 $4\frac{1}{2}$  tablespoons green onions  
2 tablespoons fat

Chop the fish very fine, add finely cut green onions and chop the whole together again. Add miso and mix well. Mold into cakes about  $1/2$ " thick and 2" in diameter. Place frying pan on large Hi-Speed Calrod unit of Hotpoint Range and add 2 tablespoons fat to pan, switch unit to HIGH. When fat is hot add fish cakes. Brown on one side, then turn and brown other side. Switch to LOW and finish cooking.

## INARI-SUSHI

$1\frac{1}{2}$ cups rice	3 tablespoons gobo
$1\frac{1}{2}$ cups water	$1/2$ cup water
3 aburage triangles	$1\frac{1}{2}$ tablespoons flaked bonito
3 tablespoons carrots	$1\frac{1}{2}$ teaspoons sugar
$1\frac{1}{2}$ medium size mushrooms	$1\frac{1}{2}$ teaspoons shoyu
3 tablespoons string beans	

Cook rice as directed on page 4. Cut the aburage triangles in two pieces and remove the soft inside portion, forming two cornucopias. Shred the carrots, mushrooms, string beans, gobo and inner portion of the aburage. Add the bonito and water. Place on Hi-Speed Calrod unit, switch to HIGH until boiling, then switch to LOW and cook until almost tender. Add sugar and shoyu and finish the cooking. Strain off the liquid and use to cook the aburage

cornucopias. Cook over LOW heat until practically all the juice is absorbed. Cool the rice, mix it with 1/3 cup of vinegar sauce and cooled vegetables and place in the cooked cornucopias.

#### Vinegar Sauce

1/2 cup vinegar  
2 tablespoons flaked bonito  
4 tablespoons sugar

Make a sauce by mixing vinegar, sugar and bonito. Let it stand for at least 30 minutes and then strain out the bonito.

#### SUKI YAKI

2 lbs. beef or chicken	Sugar
1 bunch green onions	Shoyu
1 can bamboo shoots	Mushroom or chicken broth
1 can mushrooms	2 to 3 tablespoons butter or chicken fat

Slice meat into thin strips. Cut green onions slantwise into strips about 2" long. Halve each bamboo shoot lengthwise and cut into thin slices slantwise. Slice mushrooms into thin strips, lengthwise. Melt fat in a frying pan over Hi-Speed Calrod unit of Hotpoint Range, switch to HIGH. Add meat and stir to prevent sticking to the pan. Add about 3 tablespoons sugar and 5 tablespoons shoyu, spreading it well over the meat. When the meat is well seared put it to one side of the pan and add mushrooms, bamboo shoots and onions. With switch at HIGH continue cooking until the vegetables are steaming, then switch to LOW. Let simmer until thoroughly cooked.

not allow the suki yaki to burn. If it begins to become dry, add mushroom or chicken broth. If the addition of the stock gives a flat taste, add more shoyu and sugar. Other ingredients such as watercress, tomatoes, bean curds, long rice may be added also. Two or three tablespoons of sake can also be added to flavor suki yaki.

Suki yaki is eaten with raw eggs. To serve, break eggs into individual bowls and mix thoroughly. Dip the hot suki yaki directly from the frying pan into the raw eggs. Hold over hot rice served in individual bowls for eating.

### TERIYAKI

2 or 3 lbs. beef (tender cut)	2 tablospoons sugar
1/2 cup shoyu	1 clove garlic
	1 small piece crushed ginger root

Slice meat thin across grain of meat if possible. Mix shoyu, sugar, garlic and ginger. Soak meat in this sauce for about 30 minutes. Drain and arrange on the rack of broiler pan of the Hotpoint Range. Switch oven top unit to HIGH or oven to BROIL. Set temperature control to very hot and when unit is a glowing cherry red place broiler pan with meat directly under broiler unit. Leave door ajar. When brown (5 to 10 minutes) turn and brown the other side. Serve with rice and vegetables.

CHAWAN-MUSHI  
(Custard)

5 cups water	12 slices of chicken cut from bones
3 tablespoons shoyu	
1/2 teaspoon salt	18 pieces sliced canned mushrooms
1 teaspoon ajinomoto	
12 Chinese green peas	4 eggs

Place chicken and water in a saucepan on the Hi-Speed Calred unit of the Hotpoint Range with switch at HIGH. When boiling, switch unit to LOW and continue cooking for 45 minutes. Then add salt, shoyu and ajinomoto. Turn switch OFF and cook 10 minutes on the stored heat. Remove and cool. Pour beaten eggs evenly into six porcelain bowls or custard cups. Pour the soup in equal quantities into these six custard cups. Place in each 2 slices of chicken from the soup, 3 slices of mushrooms, 2 green peas and mix thoroughly and steam. To steam, use the Thrift Cooker. Place rack in cooker pot and add water to rack. Switch to HIGH and when steam appears from the vent arrange custard on the rack. Continue cooking on HIGH until steam appears again from the vent. Switch to LOW and steam 45 minutes or until custard is set. Serve hot.

# FILIPINO



### ARROZ A LA VALENCIANA

1/2 lb. ham	1 small can (#2) peas
1 chicken for frying	1 small can pimiento
1 cup rice	3 hard-cooked eggs
1 can (#2 $\frac{1}{2}$ ) tomatoes	6 tablespoons fat
1 large onion sliced	salt and pepper
1 clove garlic crushed	

Wash and soak rice 1 hour before cooking - or cooked rice may be used. Pour off excess water. Cut chicken as for frying and sprinkle with salt and pepper. Place fat in a frying pan on the large Hi-Speed Calrod unit of the Hotpoint Range, switch unit to HIGH. When fat is hot add chicken and sauté. If the pan becomes too hot switch unit to LOW. Remove chicken from the pan and add onion and garlic and cook for a few minutes. Add tomatoes and rice, pressing the rice well under the tomato liquid. Place chicken on top. Then add peas with liquid and chopped pimiento. Cover and cook on LOW for 20 minutes and OFF for 20 minutes. To serve, place rice in the center of a platter and arrange chicken around it. Garnish with hard-cooked eggs.

### PANSIT (Filipino Noodles)

1/2 lb. fresh shrimps	1 clove garlic, crushed
1 lb. pork	3 tomatoes, sliced
1 package noodles	1 tablespoon fat
1 small onion, sliced	

Cook noodles in boiling salted water until tender. Drain. Place fat in a frying pan on the large Hi-

Speed Calrod unit of the Hotpoint Range, switch to HIGH. When fat is hot add garlic; cook for a few minutes, then remove garlic and fry onions until partially cooked. Add pork, cut in small cubes, switch unit to LOW and cook until meat is tender. Add the shrimps when the pork is half cooked. Add tomatoes and cook just enough to heat through.

To serve: Place noodles in the center with the meat and tomatoes around. Garnish with finely ground roasted peanuts, fried eggs cut in thin strips, slices of lemon and finely chopped onion.

#### ADOBO

1 lb. pork chops	1/4 cup vinegar
1 clove garlic	1/4 cup water
2 bay leaves	1 teaspoon salt
few grains pepper	

Put pork chops, cut 1" thick, minced garlic, vinegar, water and salt in a frying pan and soak for 5 minutes. Cover and place on the Hi-Speed Calrod unit of Hotpoint Range and switch to HIGH. When steaming, switch to LOW and continue cooking until nearly dry. Serve with apple sauce and vegetables.

Vegetables such as swamp cabbage, green mustard or spinach can be used. Just before serving toss the cooked vegetable in the frying pan after the chops have been removed. Additional vinegar may be added for flavor.

### STEAMED VEGETABLE x

Swamp Cabbage, Cowpeas, Green Mustard, Sweet Potato  
Tops, String Beans, Spinach

Wash vegetable<sup>x</sup> very thoroughly. Soil particles can be removed from vegetables more quickly if the vegetables are washed in lukewarm water. Place vegetable<sup>x</sup> in a saucepan, add 1/2 teaspoon salt and 1 cup water. Cover and steam:

#### Small Quantity

HIGH	5 minutes
LOW	10 minutes
OFF	10 minutes

#### Large Quantity

HIGH	10 minutes
LOW	15 minutes
OFF	15 minutes

Drain, season with vinegar and melted butter. One or two slices of bacon cut fine and cooked in the saucepan with the vegetable gives increased flavor.

### STEAMED TARO

Wash and scrub well. Do not peel. If taro root is large cut in 2 or 3 pieces crosswise. Place rack in Thrift Cooker of Hotpoint Range, add 1 cup water, switch to HIGH and when steam appears from the vent arrange taro on the rack. When steam again appears from the vent switch to LOW and cook



1 hour to  $1\frac{1}{2}$  hours or until taro is tender. Remove and peel. Season with salt and butter and serve.

#### BAKED TARO

Scrub taro clean and if very large cut in half. Place in Hotpoint oven and bake  $1\frac{1}{2}$  hours at 200 degrees or until taro is tender. Peel and serve.

#### TARO CAKES

Mash cooked taro. Season with salt and add  $\frac{1}{2}$  cup bacon fried crisp and broken into small pieces. Blend and shape into cakes. Fry until browned in the bacon fat left in the frying pan after the cooking of the bacon. Use large Hi-Speed Calrod unit switched to MEDIUM.

#### TARO WITH COCONUT

Cook taro -- either steam or bake. Peel and slice in  $\frac{1}{4}$ " thick slices. Dot with butter, sprinkle with sugar. Serve hot covered with fresh grated coconut. Use young coconuts.

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