

# MADAME CHIANG'S

## CHINESE COOKBOOK

*(Translated in English)*



**25c**

Prepare A Delicious  
Chinese Dinner In Your  
Own Home and Surprise  
Your Friends

**25c**

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# CHINESE COOKING CAPTURES AMERICA

## INTRODUCTORY

For several years I have been interested in Chinese cookery, and have served in the capacity of a Chinese chef in America and have prepared a number of Chinese seven-course dinners in the best clubs in this country.

The art of Chinese cookery has always been surrounded with a sort of a mystery to the American public.

Always use Pure Peanut oil in preparing Chinese Food, any other composition, such as Lard, olive oil or highly advertised greases, deteriorates the delicious flavor of Chinese Food.

Hundreds of American housewives have often expressed the desire to receive the authentic recipes of Chinese dishes, which consist principally of vegetables and are easily digestible but contain the nutrition attested by leading dieticians.

All grocery stores carry a stock of Chinese Sauces and Groceries.

As a beverage BEER is always used as an appetizer in serving a Chinese dinner, and Chinese Oolong Tea is served as an after-dinner beverage.

Translated by  
FRANK YEP

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## CHINESE CHOP SUEY

(4 persons)



1 pound of lean pork cut in small pieces.  
4 cups celery cut in string shape.  
1 1/2 cup dry onions, shave same as celery.  
3 tablespoons of Chinese Soy sauce (See-Yeou).  
Salt to taste BUT USE NO PEPPER.  
1/4 teaspoon Gourmet Powder (Vie-Tsin).  
Bring Pure Peanut oil in skillet to boiling point.  
Fry the cut meat in a tablespoon of Chinese Soy sauce until done.  
Add celery and onions and two cups of soup stock.  
Cover and boil seven minutes.  
For thickening use:  
1 tablespoon of cornstarch, 1 tablespoon of molasses and 1 tablespoon of soy sauce.  
Mix contents and serve.  
You will find this very delicious.



## FRESH BEAN SPROUT CHOP SUEY

(4 persons)



1 1/2 cup of lean pork shoulder.  
1 1/2 cup shredded celery.  
1 1/2 cup of small onions.  
3/4 pound fresh bean sprouts.  
1 tablespoon Chinese Soy sauce (See-Yeou).  
1 tablespoon of molasses.  
1/4 teaspoon Gourmet Powder (Vie-Tsin).  
Cut the pork small and fry with Pure Peanut oil.  
When brown add the celery, onions and fresh bean sprouts.  
Add 1 cup of rich soup stock, salt to taste, adding one teaspoon of sugar and two tablespoons of Soy sauce.  
Cook under cover for twelve minutes.  
For thickening use tablespoon cornstarch, a tablespoon of molasses, mix together and bring to a boil.  
Serve with steamed rice.



## CHICKEN CHOP SUEY

(4 persons)



- 1/2 chicken weighing about 1 1/2 pounds.
- 1 1/2 stalks celery.
- 1 dozen white mushrooms (Tso-Koo).
- 1 dozen water chestnuts (Ma-Tai).
- 1 tablespoon of Soy sauce (See-Yeou).
- 1 cup of soup stock.
- 1/4 can of bamboo shoots (Jook-Tsun).

Clean chicken by removing skin and gristle. Next remove the meat from the bones and fry in a hot skillet, being sure to use Pure Peanut oil.

Cut the celery, water chestnuts and bamboo shoots in fine thin strips.

When chicken is fried brown, add the celery, the water chestnuts and the bamboo shoots.

Add one cup of soup stock made from the chicken bones, skin and gizzard, liver and heart.

Cook for seven minutes.

Mix 1 tablespoon of Chinese Soy sauce with a tablespoon of cornstarch, thinning same with cold water.

Add this thickening to the chop suey and let simmer about a minute.

Add salt and serve.

You will find this very delicious.



## EXTRA FINE CUT CHOP SUEY

(4 persons)



- 1 pound lean pork shoulder.
- 3 celery hearts, good size.
- 1 dozen water chestnuts (Ma-Tai).
- 1/4 can of bamboo shoots (Jook-Tsun).
- 1 dozen white or black mushrooms (Tso-Koo).
- 1 tablespoon Chinese or Soy sauce (See-Yeou).
- 1 cup of soup stock.
- 1 tablespoon of cornstarch to which has been added a pinch of salt.
- Cut pork in thin fine slices about an inch in length. Cut celery, chestnuts and bamboo shoots as fine as possible, but don't chop them.
- Fry pork in hot skillet with Pure Peanut oil, when fairly brown add celery, chestnuts and bamboo shoots.
- Add 1 cup of soup stock.
- Cover and cook for five minutes or until vegetables are tender, not soggy.
- Mix cornstarch with cold water and add a teaspoon of molasses.
- Mix in the chop suey and then let it come to a boil. Add Chinese sauce to taste and then serve.



## GREEN PEPPER CHOP SUEY

(4 persons)



1 pound lean pork shoulder.  
 1 stock of celery.  
 1 dozen water chestnuts (Ma-Tai).  
 1 dozen white mushrooms.  
 2 green peppers.  
 1 tablespoon of molasses.  
 2 tablespoons of Chinese Soy sauce (See-Yeou).  
 1/4 teaspoon Gourmet Powder (Vie-Tsin).  
 Cut pork shoulder in fine strips.  
 Fry in hot greased skillet with Pure Peanut oil.  
 When fairly brown add celery, chestnuts and the green peppers.  
 After cooking five minutes add the mushroom and 1 cup of soup stock.  
 Cook to a boil for five minutes.  
 Mix 1 tablespoon of cornstarch with cold water, adding 1 tablespoon of molasses.  
 Add salt to taste.  
 Mix well until thoroughly cooked.  
 Serve with steamed rice and Chinese tea.



## BEEF CHOP SUEY

(4 persons)



1 pound of beef tenderloin.  
 2 good sized celery hearts.  
 1 medium sized onion.  
 1 tablespoon of Chinese or Soy sauce (See-Yeou).  
 1 tablespoon of cornstarch.  
 1 teaspoon of molasses.  
 1/4 teaspoon Gourmet Powder (Vie-Tsin).  
 Cut beef into small thin strips and fry in a hot skillet with Pure Peanut oil until brown.  
 Add the celery hearts and the onion which should be cut fine.  
 Cook for twelve minutes.  
 Add Chinese sauce.  
 Mix cornstarch with cold water, adding the molasses.  
 Put this into the chop suey. Keep stirring constantly until it comes to a boil. Add salt and a little pepper, to taste.  
 Serve with steamed rice.



## BEEF-TOMATO-GREEN PEPPER CHOP SUEY

(4 persons)



1 pound of beef tenderloin.  
1 large celery heart.  
4 medium sized tomatoes.  
2 green peppers.  
2 tablespoons of Chinese sauce (See-Yeou).  
1 tablespoon of molasses.  
1 tablespoon of cornstarch.  
1/4 teaspoon Gourmet Powder (Vie-Tsin).  
Cut the beef in small thin strips and fry in very hot Pure Peanut oil until brown.  
Then add the celery and onion which should likewise be cut in small strips.  
Cook for ten minutes.  
Add the Chinese sauce and cornstarch to which has been added cold water. Then add molasses. Mix this into the chop suey stirring constantly until it comes to a boil.  
Steamed rice should be served with this dish.



## CHINESE SUB-GUM CHOP SUEY

(4 persons)



1 pound lean pork shoulder.  
1 large green pepper.  
1/2 can pimentos.  
1 celery heart.  
2 dozen almonds.  
1/2 cup of bamboo shoots (Jook-Tsun).  
2 dozen white mushrooms (Tso-Koo).  
2 tablespoons of Chinese or Soy sauce (See-Yeou).  
1 tablespoon of cornstarch.  
1 teaspoon of molasses.  
1/4 teaspoon Gourmet Powder (Vie-Tsin).  
Cut meat and vegetables very small.  
Have the skillet very hot with Pure Peanut oil before frying meat.  
After meat is brown add celery, water chestnuts and bamboo shoots.  
Cook for about ten minutes.  
Add green peppers and mushrooms and let simmer until tender.  
Lastly add chopped pimento, Chinese sauce and a little salt and pepper.  
Mix cornstarch with cold water and add molasses, placing this in the chop suey and just before removing contents from the fire, add chopped almonds.  
Serve with steamed rice.



## CHINESE BLACK MUSHROOM CHOP SUEY

(4 persons)



- 1 pound of lean pork or veal.
- ¼ pound of black mushrooms (Tso-Koo).
- ¼ pound of water chestnuts (Ma-Tai).
- ½ cup of bamboo shoots (Jook-Tsun).
- 2 good sized celery hearts.
- 2 tablespoons of Chinese sauce (See-Yeou).
- 1 tablespoon cornstarch.
- 1 teaspoon of molasses.
- ¼ teaspoon Gourmet Powder (Vie-Tsin).

Cut pork or veal, which ever may be chosen, in fine strips and fry in hot skillet, using Pure Peanut oil, until the meat is brown.

Slice celery in the same manner, adding this and one cup of soup stock.

Cover and cook for ten minutes.

Dry, black mushrooms should be used. They should be soaked in warm water after which the stems should be removed and the mushroom cleaned thoroughly. Cut them in half and add them to the water chestnuts and the bamboo shoots, letting this boil about six minutes.

Salt and pepper should be added.

To this add thin cornstarch, Chinese sauce and molasses, allowing the mixture to come to a boil after which it should be served with steamed rice.



## SHRIMP CHOP SUEY

(4 persons)



- 1 pound of lean pork.
- 1 pound can of shrimp.
- ½ pound of water chestnuts (Ma-Tai).
- ½ cup bamboo shoots (Jook-Tsun).
- 2 medium sized celery hearts.
- 2 tablespoons of Chinese Sauce (See-Yeou).
- 1 tablespoon cornstarch.
- ½ tablespoon of molasses.
- ¼ teaspoon Gourmet Powder (Vie-Tsin).

Cut pork in fine strips and fry in Pure Peanut oil. Be sure the skillet is very hot. Fry pork until brown. After this add the celery which has been sliced in the same manner. One cup of soup stock should now be added and the whole permitted to cook for about ten minutes, after which the water chestnuts and the bamboo shoots should be put in, after being sliced very fine.

Then the shrimp should be put in and allowed to cook for five minutes, the mixture of cornstarch, Chinese sauce and molasses, together with pepper and salt next being added. The whole should be permitted to come to a boil, stirring the entire while.

This should be served with steamed rice.





## LOBSTER CHOP SUEY

(4 persons)



1 pound of lean pork or veal.  
 1/2 pound can of lobster meats.  
 2 small celery hearts.  
 1/2 pound of water chestnuts (Ma-Tai).  
 1/2 cup of bamboo shoots (Jook-Tsun).  
 1 tablespoon of Chinese sauce (See-Yeou).  
 1 tablespoon of cornstarch.  
 1 teaspoon of molasses.  
 1/4 teaspoon Gourmet Powder (Vie-Tsin).  
 Cut meat in fine strips frying in a very hot skillet using Pure Peanut oil. Fry meat until brown. Cut the celery fine and add one cup of soup stock at the same time the celery is added. Cover and cook about eight minutes. Slice water chestnuts and the bamboo shoots in fine pieces. Do not chop these. Add these and cook about six minutes.  
 Mix cornstarch in a little cold water adding the Chinese sauce and molasses in the same cup, and add this to the contents.  
 After this is ready add the lobster, parting it in fine strips with the fingers.  
 As the lobster is already cooked lay it on top of the hot chop suey and serve with steamed rice and Chinese tea.



## WHITE MUSHROOM CHOP SUEY

(4 persons)



1 pound of lean pork shoulder.  
 2 good sized celery hearts.  
 1 dozen water chestnuts (Ma-Tai).  
 1 medium sized onion.  
 1 pound can of white (French) mushrooms.  
 2 tablespoons of Chinese Soy sauce (See-Yeou).  
 1 tablespoon of cornstarch.  
 1 tablespoon of molasses.  
 1/2 teaspoon of salt.  
 1/2 teaspoon Gourmet Powder (Vie-Tsin).  
 Cut the pork in nice thin strips about one inch long and fry in a skillet with Pure Peanut oil. Fry until brown.  
 Next add the celery and onion; also cut into fine strips.  
 Put in one cup of soup stock.  
 Cover and cook ten minutes.  
 Next add the fine sliced water chestnuts after which put in the white mushrooms. These should be soaked in warm water before using.  
 Let the contents cook together for five minutes after which add cornstarch, thinned with cold water, the molasses, the Chinese Sauce; salt and serve with hot rice.



## CHICAGO STYLE CHOW MEIN NOODLES



You can buy Hong Kong Noodles by the package in any Chinese store in any Chinatown in the United States.

Take about 1/2 pound of these delicious noodles and soak them in boiling hot water for five minutes. Then take them off the fire and rinse in cold water. Now that the noodles have been cooked, place them in a clean towel and dry thoroughly.

Take a deep kettle and into it place about two pounds of Pure Peanut oil.

Boil the oil so it is very hot.

Now add your noodles and fry until the noodles are a pale brown in color.

Next let the oil drip dry from the noodles.

Be sure to allow the noodles to cool thoroughly before placing your hot mixture upon them.

For instructions for this mixture turn to the Chow Mein recipe on Page 10.



## CHICAGO STYLE CHOW MEIN

(4 persons)



1 pound of lean pork.

2 celery hearts.

1 dozen water chestnuts (Mai-Tai).

1/2 cup of bamboo shoots (Jook-Tsun).

2 dozen white mushrooms.

1/2 teaspoon Gourmet Powder (Vie-Tsin).

Prepare same identically the same way as you would the chop suey recipe on Page 10.

Heap the noodles in the center of the plate and then pour the hot mixture over noodles.

This is a delicious dish and is known as the real and original "Chicago Style Chow Mein."

Rice is never served with chow mein.

A hot roll and Chinese tea is served.

Be sure to use oolong tea.



## HONG KONG CHOW MEIN

(4 persons)



- 1 pound of lean veal.
- 1 dozen water chestnuts (Mai-Tai).
- 1/2 cup of bamboo shoots (Jook-Tsun).
- 1/4 pound of bean sprouts.
- 1 tablespoon of Chinese sauce (See-Yeou).
- 1 teaspoon cornstarch.
- 1 tablespoon of molasses.
- 1/4 teaspoon Gourmet Powder (Vie-Tsin).

In preparing this recipe use the same instructions as those for preparing Beef Chop Suey (see page 13).

Use the noodle recipe to be found on page 20.

Then beat one egg, add a little salt and pepper and fry in skillet as you would pancakes, but make the mixture much thinner.

When brown on both sides slice thin and cut chilled chicken white meat and green onions in the same way.

Spread this over your chow mein and sprinkle a few chopped nuts on top.

Serve with tea.



## CHINESE CHICKEN CHOW MEIN

(5 or 6 persons)



- 3 pounds of chicken.
- 1 can white (French) mushrooms.
- 2 celery hearts.
- 1 dozen water chestnuts (Mai-Tai).
- 1/2 cup of bamboo shoots (Jook-Tsun).
- 1/2 teaspoon Chinese Sauce (See-Yeou).

Prepare this recipe with great care.

First cut the whole breast out of the chicken and place it in hot water and boil until done but not so the white meat falls from the breast bone.

Now remove the skin from the chicken and cut up the balance of the meat in small pieces.

Be sure to save the chicken bones and skin for your soup stock.

In preparing this dish follow the exact recipe for Chicken Chop Suey to be found on page 10.

Use your fried noodles the same as directed in the other chow mein recipes (see page 20).

This dish is very appetizing.

Serve with hot rolls and rice.



## HONG KONG SUB-GUM CHOW MEIN

(4 persons)



1 pound lean pork or beef.  
1 green pepper.  
½ can of pimentos.  
1 stalk of celery.  
½ dozen water chestnuts (Mai-Tai).  
½ dozen almonds.  
½ cup of bamboo shoots (Jook-Tsun).  
1 dozen white mushrooms.  
2 tablespoons of Soy sauce (See-Yeou).  
Salt and pepper to taste.  
¼ teaspoon Gourmet Powder (Vie-Tsin).  
Cut the meat in small squares. Treat the vegetables in the same way.  
Fry the meat in a hot greased pan of Pure Peanut oil until it is half done. Then add all the vegetables (except the pimento).  
Put in one cup of soup stock, the Chinese sauce, salt and pepper and cook until done.  
Mix one tablespoon of cornstarch with the Sub Gum and boil two minutes.  
Next put four cups of fried noodles on a large platter. Spread the sub gum over the noodles and on top of this sprinkle small cuts of pimento. Serve hot and without rice.



## HONG KONG STYLE CHINESE ROAST PORK



Take three pounds of lean pork loin.  
Cut out all the bones and fat.  
Cut into long strips about two inches thick.  
Then make a sauce with four tablespoons of Chinese sauce, or catsup and a tablespoon of good strong mustard.  
Roll your pork in this sauce and place in a roasting pan.  
Cook in a hot oven.  
If you so desire you may increase the amount of the sauce and keep turning the roast every ten minutes, each time pouring a bit more of the sauce over the meat.  
Brown the whole evenly.  
This recipe is used in decorating several Chinese dishes and you will find it to be extremely good.



## EGG FOO YOUNG

(4 persons)



6 eggs.

$\frac{3}{4}$  cup of shredded onions.

$\frac{3}{4}$  cup of finely chopped bacon, ham or any roasted meat.

$\frac{1}{2}$  cup of sliced water chestnuts (Mai-Tai).

1 cup of bean sprouts.

$\frac{1}{4}$  teaspoon Gourmet Powder (Vie-Tsin).

Beat the eggs with the above mixture until consistency is secured.

Next divide into eight portions.

Mold these as you would a hamburger ball.

Use a shallow pan of hot frying Pure Peanut oil.

When one side is brown turn over and brown the other side.

Now take two cups of soup stock adding two tablespoons of Chinese Sauce. Mix with a tablespoon of cornstarch thinned with cold water. Add this to the soup stock to thicken the gravy.

Place Egg Foo Young on four plates and pour hot gravy over the same and serve.



## GREEN PEPPER EGG FOO YOUNG

(4 persons)



Take a little ham or Chinese pork, two stalks of celery, four green onions, one large green pepper, half a cup of bean sprouts and chop this up fine.

Beat six eggs and add the chopped ingredients.

Put in two pinches of salt and a little pepper.

Divide this into eight portions and mold just as you would hamburger balls.

Place the mixture carefully in a shallow pan and cook over a hot fire, using Pure Peanut oil.

When one side is brown turn over and brown the other side, making Chinese gravy to pour over the top and serve with steamed rice.

The recipe for Chinese sauce (gravy) is on page 30.



### CHINESE STYLE COMBINATION SALAD

(for 3 persons)



Mix 1 cup of fresh bean sprouts and 1/2 cup of chopped celery.

Cut up four radishes and one cucumber in thin slices.

Slice 1/2 green pepper in rings.

These vegetables should be laid in alternate lays.

Pour French dressing over this after adding one tablespoon of Chinese Sauce (See-Yeou).

You will find this dish a real delight.

### CHINESE STYLE PINEAPPLE SALAD



Boil three cups of fresh bean sprouts in pineapple juice.

Cover this with mayonnaise dressing flavored slightly with Chinese Sauce (See-Yeou).

Sprinkle with chopped nut meats and garnish with Kumquats cut in quarters or halves.



### HONG KONG GRAPEFRUIT SALAD

(4 persons)



Cut two slices of pineapple.

Take two grapefruit.

Add one banana which has been cut into small pieces.

To this add one cup of bean sprouts and mix with French dressing.

Flavor the whole with a teaspoon of Chinese Sauce.

Place this on lettuce leaves and top with whipped cream and Chinese Kumquats. These may be purchased in any Chinese grocery store.

### ORIENTAL FRUIT SALAD



Mix equal quantities of finely cut apple, celery and bean sprouts.

Mix this thoroughly with mayonnaise, seasoned with a teaspoon of Chinese Sauce (See-Yeou).

Garnish with strips of pimento, minced Kumquats, maraschino cherries and chopped nuts.

Place on lettuce leaves and serve with hot tea and toasted crackers.



## CHINESE STYLE BROWN GRAVY



2½ tablespoons of Chinese sauce (See-You).

1 teaspoon brown or black molasses.

1 tablespoon of cornstarch.

Mix together until smooth and stir into juice of roast or 1 cup of soup stock.

This makes a rich, brown, highly palatable gravy.

Use this gravy with Egg Foo Young or chop suey.



## CHINESE VEGETABLE SALAD



1 small head of celery cabbage.

1 medium cucumber.

½ onion.

1 green pepper.

French dressing.

2 tablespoons of Chinese sauce. (See-You).

Wash and separate leaves from the cabbage head.

Cut the cabbage a quarter of an inch thick.

Put into pan of cold salted water.

Next pare and slice the cucumber very thin.

Cut the stem from the end of the green pepper and remove the seeds and white fiber and cut small.

Place the pepper and cucumber in the water with the cabbage and permit all to stand for twenty minutes.

Next drain and wash thoroughly and transfer the whole to a deep dish.

Pour the French dressing over this. Add the tablespoons of Chinese sauce.



## CRAB OR SHRIMP SALAD ORIENTAL STYLE

(5 or 6 persons)



Remove shell from crab and tear into small pieces. If preferred use 1 can of shrimps cut into small pieces.

Add  $\frac{3}{4}$  cup of celery;  $\frac{3}{4}$  bean sprouts; 1 tablespoon pimento; 1 tablespoon minced parsley and two chopped hard boiled eggs.

Mix with mayonnaise and season with a tablespoon of Chinese Sauce. (See-Yeou).

Garnish with quarters of small peeled tomatoes. Serve this with Chinese tea and toasted crackers.



## HONG KONG SALAD DRESSING



In serving mayonnaise dressing add a few drops of Chinese (Soy) Sauce.

In serving vegetable salads such as combination, cucumber or lettuce the dressing made in the following way, will add much to the salad.

3 tablespoons of Pure Peanut oil.

1  $\frac{1}{2}$  tablespoons of vinegar or lemon juice.

1 tablespoon of Chinese Sauce (See-Yeou).

1 tablespoon of sugar.

Pinch of mustard and paprika.

Beat this together well and pour over the salad.





### SUNDAY CHINESE DINNER MENU



Hearts of Celery. Ripe Olives.  
 Chicken Mushroom Chop Suey.  
 Egg Foo Young. Steamed Rice.  
 Chinese Kumquats. Chinese oolong tea.

### MONDAY CHINESE DINNER MENU



Crab Meat Cocktail.  
 Sweet Pickles. Ripe Tomatoes.  
 Lobster Chop Suey.  
 Ham Egg Foo Young  
 Steamed Rice.  
 Combination Salad. Lichee Nuts.  
 Chinese Tea.

### TUESDAY CHINESE DINNER MENU



Oyster Cocktail.  
 Hearts of celery. Stuffed olives.  
 Cup Beef Broth.  
 Hong Kong Sub Gum Chow Mein.  
 Oriental Fruit Salad.  
 Steamed Rice  
 Ice Cream. Chinese oolong tea.



### WEDNESDAY CHINESE DINNER MENU



Fruit Cocktail.  
 Celery Hearts. Sour Pickles.  
 Chinese Consomme  
 Fried White Fish, Chinese Style.  
 Creamed Water Chestnuts.  
 Steamed Rice.  
 Chinese Cookies. Tea or Coffee.

### THURSDAY CHINESE DINNER MENU



Chinese Noodle Soup Yat Ca Mein.  
 Green Olives. Shrimp Cocktail.  
 Chicken Chow Mein.  
 Vegetable Salad. Hot Rolls.  
 Raw Sliced Water Chestnuts.  
 Chinese oolong Tea or Coffee.



## FRIDAY CHINESE DINNER MENU



Chinese Style Pineapple Salad.  
 Ripe Olives. Shrimp Cocktail.  
 Chinese Style Fried Spare Ribs.  
 Steamed Rice.  
 Green Pepper Egg Foo Young.  
 Chinese Tea. Kumquats.  
 Hot Rolls.

## SATURDAY CHINESE DINNER MENU



Mushroom Soup.  
 Celery Hearts. Chow Chow Pickles.  
 Chinese Black Mushroom Chop Suey.  
 Ham Egg Foo Young.  
 Grapefruit Salad.  
 Lichee Nuts.  
 Steamed Rice.  
 Oolong Chinese Tea or Coffee. Ice Cream.



## CHINESE STEAMED RICE

(4 persons)



Take one pound of the best grade of white rice and wash it several times. Use hot water first and then rub rice between the hands, changing water at least eight or ten times. Be sure the rice is absolutely clean. Otherwise the rice will be sticky and wet.

After the rice is thoroughly cleaned, put some in flat bottom iron kettle. Cover rice under about one inch of water.

Put cover on rice and start under a slow fire.

Do not remove cover until the steam from the rice is dry.

About twenty minutes is required for cooking the steamed rice.



### CHINESE STYLE SPARERIBS AND PINEAPPLE

(4 persons)



Take two pounds of lean spare ribs; cut or chop in inch squares; put same in very hot iron skillet adding just a little Pure Peanut oil.

Keep turning with a big spoon until brown. Then add just a little garlic salt and Chinese Soy Sauce.

Now add two cups of cold water and cover same until water boils down.

Before serving add a small can of sliced pineapple cut into squares and serve with rice.

This is a most delicious dish.



### FRIED CUCUMBER AND PORK CHOPS, CHINESE STYLE

(4 persons)



4 large pork chops.

4 medium cucumbers.

½ tablespoon of Soy Sauce (See-Yeou).

Fry the pork chops in hot Pure Peanut oil until brown.

Place on a large platter.

Wash cucumbers thoroughly but don't peel them.

Slice the long way and place them in the same pan that you fried the chops in.

Add two cups of cold water and ½ tablespoon of Chinese Soy sauce.

Cover the same and boil after you have fried the chops. This will take about twenty minutes.

Be sure not to wash the skillet after frying the Chops as the Pure Peanut oil and gravy make a delicious flavor.

Serve with rice.



## YET CA MEIN

(4 persons)



2 pounds of Chinese noodles or very good grade of egg noodles.

Then cook a chicken, cut into thin slices.

Use four green onions, chopped fine. Take two hard boiled eggs cut in half; also chicken soup.

Boil the noodles in salted water for eight minutes. Then drain and rinse the noodles in cold water at least four times.

Put noodles in bowls, taking care to have an even amount in each. Pour over this the hot soup broth to cover noodles.

Sprinkle this with chicken and onions and on top of each bowl place  $\frac{1}{2}$  hard boiled egg.



## CHINESE FRIED RICE

(3 to 5 persons)



3 cups of cold steamed rice.

1 cup of chopped meat, either roast beef or pork.

5 pieces of bacon.

5 eggs.

1 green pepper; 1 stalk celery; 1 small onion or two green onions.

3 tablespoons of Chinese sauce (See-You).

$\frac{1}{2}$  dozen white mushrooms.

1 teaspoon salt; a bit of pepper.

5 tablespoons Pure Peanut oil.

Cut the green pepper, onion and celery small. Put chopped bacon in pan and heat. When the bacon is brown add celery, onion and green pepper. Fry for five minutes. Add the cold rice, stirring well with a big fork. Last of all break the eggs into the rice, mix well until eggs are cooked.

Serve with tea.

Chicken, lobster and crab meat can be fried with rice in the same manner.



### SUB-GUM BIRD NEST SOUP



Cut up about one dozen Chinese black mushrooms into quarter inch pieces. Cut one-half can bamboo shoots into thin slices. Also about a half dozen Chinese potatoes—(water chestnuts).

Boil all together in prepared soup stock about ten minutes, then add two beaten eggs, and sliced chicken (white meat).

Season to taste and serve with crackers or rice.

This makes a very flavory soup and requires only a few minutes to prepare. Try it the next time you want a good soup in a hurry.



### STEAK, CHINESE STYLE



This dish is quite simple to prepare and is a very delicious one.

Take a nice tender New York cut of beef. Cut in long thin strips, about  $\frac{1}{4}$  inch thick—place in a deep bowl—pour 4 or 5 tablespoonfuls of Chinese Soy Sauce over same—add a level teaspoonful of salt, a little pepper, chop very fine one good sized piece of garlic—also sprinkle  $\frac{1}{2}$  teaspoonful of cornstarch over the above mixture. Mix well into the meat. Now put  $\frac{1}{4}$  cup of Pure Peanut oil in iron skillet, oil should be sizzling hot. Now add beef with mixture and keep turning continually. Fry only one minute. Serve with hot steamed rice. This is delicious.



## BEEF PEPPERS AND TOMATOES

LOT—FON—KARE—NGOW—YUK



- 3 large green peppers.
- 3 large tomatoes.
- ½ pound flank steak.
- ½ teaspoon salt.
- 1 ½ teaspoons sugar.
- ¾ teaspoon gourmet powder (Vie-Tsin).
- 1 teaspoon Soy sauce (See-Yeou).
- Dash of pepper.
- 2 cups beef stock.
- 2 teaspoons cornstarch.

Clean green peppers thoroughly cut into small pieces and boil 6 minutes with just enough water to cover. Rinse in cold water and drain. Cut each tomato into small squares, also cut beef in small strips. Put beef and green peppers in hot, greased skillet and saute 3 minutes. Add stock, salt, sugar, pepper to taste. Cover and cook 10 minutes, just before serving add gourmet powder (Mei Jing). Then add cornstarch made into smooth paste. Mix contents well. Cook 6 minutes.



## PORK AND GREEN PEPPERS

LOT—TSU—CHOW—GEE—YUK



- 3 large green peppers.
- ½ lb. lean raw pork.
- 1 tablespoon sugar.
- ½ teaspoon gourmet powder (Vie-Tsin)
- ½ teaspoon salt, a dash of pepper.
- 1 ½ cups stock or water.
- 2 teaspoons cornstarch.
- ½ teaspoon Soy sauce (See-Yeou).

Clean and cut each green pepper, slice into small pieces. Boil 6 minutes, rinse in cold water and drain. Slice pork into thin pieces; saute in hot Pure Peanut oil 4 minutes. Add green peppers, sugar, salt, pepper, gourmet powder and stock or water. Cover and cook 9 minutes. Add Soy sauce (See-Yeou) and cornstarch which has been made into a smooth paste. Mix well and cook 5 minutes more.



## CHINESE STYLE ALMOND SOUP

SEET—YU—NOM—KWAN

(4 persons)



2 oz. Chinese almonds (Nom Hong).  
1 oz. Chinese snow fungi (Seet-Yu).  
1 teaspoon chopped boiled ham.  
4 cups chicken stock.  
½ teaspoon gourmet powder (Vie-Tsin).  
½ teaspoon salt, dash of pepper.  
3 teaspoons cornstarch.

Soak almonds 3 hours, in cold water, remove the skins and chop. Soak Chinese snow fungi 4 hours. Put into a pot of boiling water, cook 8 minutes and drain. Crush almonds into very fine pieces. Heat chicken stock, add salt, pepper, gourmet powder and snow fungi; bring to a boil, add cornstarch which has been made into a smooth paste, mix well and cook 2 minutes. When ready to serve top with ham and Chinese almonds.



## CHINESE SPARERIBS WITH BLACK BEANS

DOW—SEE

(4 persons)



2½ pounds fresh spareribs.  
4 teaspoons Chinese black beans (Dow-See).  
2 garlic cloves, large size.  
2 tablespoons Soy sauce (See-Yeou).  
2 teaspoons sugar.  
1 tablespoon cornstarch.

Soak Chinese black beans 20 minutes in warm water and drain. Crush garlic and black beans together. Cut spareribs in 1 inch squares. Mix all ingredients together, place in a deep dish and cook slow for ½ hour. Then add cornstarch paste, and cook 3 minutes more. Serve steamed rice, and cold beer as a beverage.



## CHINESE STYLE CHICKEN OMELET

(4 persons)



- 1 cup chopped celery.
  - 3 teaspoons chopped canned mushrooms.
  - 3 teaspoons chopped bamboo shoots (Jook-Tsun).
  - 3 teaspoons chopped water chestnuts (Ma-Tai).
  - 5 eggs.
  - 1 cup diced boiled chicken.
  - 1/2 teaspoon salt.
  - 3/4 teaspoon gourmet powder (Vie-Tsin).
  - Pinch of pepper.
- Mix celery, mushrooms, bamboo shoots, water chestnuts and chicken together, add salt, pepper and gourmet powder. Beat eggs, add to mixture and stir thoroughly. Fry in a well greased skillet with Pure Peanut oil until brown, serve very hot. Tea or beer should be served as a beverage.



## CHINESE BROCCOLI WITH PORK

(4 persons)



- 1 1/2 pound Chinese broccoli
- 1 pound lean pork shoulder
- 3 teaspoons sugar
- 1 teaspoon salt
- 2 teaspoons rice wine
- 1 teaspoon gourmet powder (Vie-Tsin)
- A dash of pepper
- 2 cups beef stock
- 2 teaspoons cornstarch.

Clean and dice broccoli. Slice pork into thin, small strips, saute in a hot, greased skillet using Pure Peanut oil 4 minutes, add Chinese broccoli and wine, cook another 4 minutes, add beef stock, sugar, salt, gourmet powder and pepper, cover and cook 6 to 10 minutes, add cornstarch after beating into a smooth paste. Mix well and cook 3 minutes more. (Serve beer as a beverage).





## CHINESE FRIED RICE WITH SHRIMPS

(4 persons)



- 2 eggs
- 3 cups cooked rice
- $\frac{3}{4}$  cup cooked or canned shrimps
- 2 teaspoons Soy Sauce (See-Yeou)
- 1 teaspoon gourmet powder (Vie-Tsin)
- Pinch of pepper

Boil fresh shrimps about 8 minutes and remove shells, cut shrimps in half remove veins then dice. Scramble eggs in hot, greased skillet using Pure Peanut oil until golden brown, add rice, shrimp, gourmet powder and pinch of pepper. Keep stirring and cook 3 minutes. Serve on platter, decorate top of mixture with chopped parsley. Serve beer as beverage.



## CHINESE NOODLES AND SHRIMP

(4 persons)



- $\frac{1}{2}$  pound fresh shrimp
  - 6 ounces Chinese egg noodles
  - 1 cup sliced celery
  - 1 cup sliced Chinese cabbage (Bok-Choy)
  - $\frac{1}{2}$  cup sliced peeled water chestnuts (Ma-tai)
  - $\frac{1}{2}$  cup bamboo shoots sliced (Jook-Tsun)
  - $\frac{1}{4}$  cup sliced canned mushrooms
  - $1\frac{1}{2}$  teaspoon gourmet powder
  - 3 teaspoons Soy sauce (See-Yeou)
  - $\frac{3}{4}$  teaspoon salt, pinch pepper
  - 2 cups chicken stock
- Wash and remove shells from shrimps. Boil shrimps six minutes; wash in cold water, clean and cut into thin slices.
- Cook noodles, Chinese cabbage, water chestnuts, bamboo shoots and mushrooms in a hot, well greased skillet using Pure Peanut oil and saute 3 minutes. Add stock, salt, pepper and gourmet powder. Cover and cook 10 minutes, put noodles in a deep bowl, pour mixture over noodles, place 2 halves of two hard boiled eggs around mixture, sliced chicken breast on top for decoration. This is a very delicious mixture.



## PORK WITH CHINESE CABBAGE BOK - CHOY



- ¾ pound Chinese cabbage (Bok-Choy)
- ½ pound raw lean pork
- ¼ teaspoon salt
- ½ teaspoon gourmet powder (Vie-Tsin)
- Dash of pepper
- 1 teaspoon Soy sauce (See Yeou)
- 2 cups pork stock
- 1½ teaspoons cornstarch.

Cut Chinese cabbage (Bok Choy) into small pieces about an inch, cut pork into small thin pieces, fry pork in well greased skillet using Pure Peanut oil not more than 3 minutes, add Chinese cabbage, cook 3 minutes more. Add salt, pepper, Soy sauce and stock. Let simmer 6 minutes, then add cornstarch made into a thin paste, mix well and cook 4 minutes more.

(This is a Chinese delicacy.)



## CHINESE BEAN CURD SOUP DOW - FOO - TONG

(4 persons)



- 4 Chinese bean curds (Dow-Foo)
  - ½ cup sliced Chinese cabbage (Bok-Choy)
  - ½ cup sliced bamboo shoots (Jook-Tsun)
  - ¼ cup sliced peeled water chestnuts (Ma-Tai)
  - ½ cup sliced raw lean pork (thin slices)
  - ¼ teaspoon salt
  - ½ teaspoon gourmet powder (Vie-Tsin)
  - A dash of pepper
  - 4 cups chicken stock or water
- Cut each bean curd into 4 pieces. Heat stock to boiling point, add all ingredients and boil 6 minutes.



## CHINESE BEAN CURD AND MELON SOUP JEAT - KUAR - TONG

(4 persons)



- 3 Chinese bean curds (Dow-Foo)
- 1/2 Chinese hairy melon (Jeat-Kuar)
- 1/2 cup sliced bamboo shoots (Jook-Tsun)
- 1/4 cup sliced water chestnuts (Mai-Tai)
- 3/4 cup sliced raw lean pork
- 1/2 teaspoon salt

1 teaspoon gourmet powder (Vie-Tsin)

A small amount of pepper

5 cups of rich chicken or beef stock

Cut each bean curd in 1 inch pieces. Scrape hairy melon until all green color is gone, cut in 4 quarter pieces lengthwise, then into thin diagonal slices, heat stock and add all ingredients. Boil 10 minutes.

(You will find this mixture very delicious)



## CHINESE BARBECUE SPARE RIBS

(4 persons)



- 3 pounds spare ribs
- 1 onion
- 2 teaspoons butter
- 2 teaspoons vinegar
- 4 teaspoons lemon juice
- 2 teaspoons brown sugar
- 1/2 cup diced celery
- 2 tablespoons Soy sauce (See-Yeou)
- 1 teaspoon gourmet powder (Vie-Tsin)
- 1/8 teaspoon pepper
- 2 teaspoons lard
- 1 cup Catsup
- 3 teaspoons Worcestershire sauce
- 1/2 teaspoon mustard
- 2 cups water
- 3 teaspoons cornstarch.

Brown spare ribs in hot Pure Peanut oil. Melt butter, brown onions and add other ingredients, thicken with cornstarch made into smooth paste, pour over spare ribs and place in oven and bake for 45 minutes.



## MANDARIN STYLE POULTRY

(4 persons)



- 2 ounces dried black mushrooms
- 1/2 teaspoon chopped parsley
- 2 cups soft bread crumbs
- 2 ounces canned or dry shrimp
- 4 tablespoons chicken fat
- Salt, pepper, and sage
- 3 tablespoons finely chopped celery
- 1 tablespoon chopped onion
- 2 tablespoons Soy sauce (See-Yeou)
- 1 teaspoon gourmet powder (Vie-Tsin)
- 2 cups broth or water

Combine ingredients adding sufficient water or broth to make stuffing pack easily. Soak the black mushrooms in warm water at least one hour before packing. The giblets should be chopped very finely. In order to prevent stuffing from being too moist add one teaspoon of dry cornstarch, and mix well before stuffing the fowl.



## CHINESE STEAMED FISH JING YU

(4 persons)



- 5 sunfish or crappies
- 3 cloves garlic
- 3 teaspoons Chinese black beans (Dow See)
- 2 teaspoons sugar
- 3/4 teaspoon salt
- 1 small piece green ginger root
- 3 teaspoons hot olive oil and a dash of pepper

Soak black beans in hot water until soft, add garlic and ginger root; add hot Pure Peanut oil thoroughly through mixing, add salt, sugar and pepper wash fish and place on a platter, spread mixture on top of fish and put platter on inverted cups in pot containing water. Cover and steam 15 minutes. Serve ice cold beer as a beverage.



## CHINESE STYLE SQUAB WITH VEGETABLES GOP - PEEN

(4 persons)



- 4 squabs
- 4 cups Chinese cabbage (Bok-Choy)
- 1 cup sliced water chestnuts (Ma-Tai)
- 1 1/2 cups sliced canned bamboo shoots (Jook-Tsun)
- 2 cloves garlic
- 1 1/2 teaspoons salt
- Small glass rice wine
- 1 teaspoon gourmet powder (Vie-Tsin)
- 1 teaspoon sugar
- 2 cups water, dash of pepper
- 4 teaspoons cornstarch.

Cut squab into small pieces, put squab meat in hot, greased skillet with Pure Peanut oil and saute 6 minutes. Add Chinese cabbage, water chestnuts, bamboo shoots, salt, pepper, sugar, and gourmet powder, wine, crushed garlic and water; cover and cook 15 minutes. Add cornstarch which has been made into smooth paste. Mix well and cook 8 minutes more.



## SWEET AND SOUR PIGS FEET TIEM - SHUEN - JEU - GEE - YUK

(4 persons)



- 4 pigs feet
- 4 teaspoons black beans (Dow See)
- 3 cloves garlic
- 1 cup vinegar
- 5 cups water
- 1 1/2 cups sugar
- 2 teaspoons salt
- 1 1/2 teaspoons gourmet powder (Vie-Tsin)
- 4 teaspoons Soy sauce (See-Yeou)
- 3 teaspoons cornstarch.

Cut pigs feet into small pieces. Boil 15 minutes, rinse in cold water and drain. Soak black beans 20 minutes in warm water. Crush with garlic, then put black beans and garlic together with pigs feet, in hot skillet well greased with Pure Peanut oil. Saute 15 minutes. Add all other ingredients except cornstarch.

Cover and bring to a boil, let simmer 50 minutes, then add cornstarch which has been made into a smooth paste. Cook 3 to 4 more minutes, serve.



## CHINESE EGG LOBSTER



- 1 cup bean sprouts
- 1/2 cup thinly sliced bamboo shoots
- 1/2 cup thinly sliced water chestnuts
- 2 cups boiled lobster, cut in large pieces
- 4 tablespoons Pure Peanut oil
- 6 eggs
- 1 teaspoon salt

Fry bean sprouts, bamboo shoots, water chestnuts and lobster in hot oil about 3 minutes. Remove mixture from frying pan and drain water off top of oil. Reheat fat and drop eggs whole into it. Immediately spread first mixture over the top of eggs and stir constantly, but gently until the eggs are cooked. Yield: 6 large portions.

Bean sprouts, bamboo shoots and water chestnuts are usually available in cans.



## CHINESE HONG KONG SOUP



- 1 pork bone
- 1/4 pound pork meat
- 1/2 teaspoon salt
- Dash of pepper
- 1 quart water
- 1/4 pound fresh spinach

Simmer pork bone, meat, salt, pepper and water in a covered pan about 1 hour. Remove pork bone and discard; cut the pork meat into tiny strips. Bring the broth to a rapid boil, add meat strips and spinach, and cook until spinach is tender but has not lost its green color, about 10 minutes. Serve in Chinese bowls. Yield 4 portions.



## MANDARIN STYLE KIDNEYS IN CREOLE SAUCE

(Serves 4 to 6)



- 1 beef kidney or 6 lamb kidneys
- Flour
- Bacon drippings
- 2 small onions, chopped
- 1 green pepper, chopped
- 1 cup tomato juice
- Salt and pepper
- 1 bay leaf
- 1 tablespoon flour
- Toast points

Trim kidneys and cut into half inch slices. Dredge with flour and brown in hot Pure Peanut oil. Add onions, green pepper, tomato juice and seasonings. Cover closely and simmer for about half an hour. Add a little cold water to flour and mix to a smooth paste. Add to hot mixture, stirring constantly. Cook until thickened. Serve on toast points.



## CHINESE STYLE SPICED TONGUE



- 1 beef tongue
- Vinegar
- Juice of 1 lemon
- 2 medium onions, sliced
- 6 or 8 whole cloves
- 1 teaspoon ground cinnamon
- 6 whole peppers
- 3 tablespoons sugar
- 1/4 cup raisins
- 3 tablespoons flour

Soak tongue in vinegar for 24 hours. Drain and cover with hot water. Add lemon juice, onion, and seasonings. Simmer until tender, 3 to 4 hours. Brown the sugar in a skillet and add 1 1/2 cups of the strained liquid in which the tongue was cooked. Add raisins and flour mixed to a smooth paste with a little cold water. Cook this sauce until thickened. Add sliced tongue and serve.



## CHINESE FRIED SHRIMP

(4 persons)



Prepare 1 lb. of fresh jumbo Shrimp—Soak in fresh water for 30 minutes, add 2 tablespoons of vinegar—drain and dry with a nice clean cloth. Slice one pound yellow or green string beans. 1 small can white mushrooms, one large onion. Fry in a pan with hot Pure Peanut oil, add 1 pound of shrimp, 3 tablespoons Chinese Soy sauce, 1 teaspoon salt. In frying shrimp use  $\frac{1}{2}$  cup of Pure Peanut oil, keep turning. Fry shrimp about 3 minutes. Then add beans, mushrooms and fried onion, salt, Soy sauce, keep turning—saute 3 minutes. Mix 1 teaspoon cornstarch and add to mixture. Cook 1 minute and serve.



## SHRIMP EGG FOO YOUNG

(4 persons)



6 eggs.

$\frac{3}{4}$  cups shredded onions.

1 cup of finely chopped fresh shrimp.

1 cup sliced water chestnuts.

1 cup bean sprouts.

$\frac{1}{4}$  teaspoon Gourmet Powder (Vie-Tsin).

Beat the eggs with the above mixture until consistency is secured.

Next divide into eight portions. Mold these as you would a hamburger ball.

Use a deep pan. Heat 2 cupfuls of Pure Peanut oil and be sure peanut oil is smoking hot. Add your egg Foo Young Paddies and fry brown on each side.

Now take two cups of soup stock adding two tablespoons of Chinese Sauce. Mix with a tablespoon of cornstarch thinned with cold water. Add this to the soup stock to thicken the gravy.

Place Egg Foo Young on four plates and pour hot gravy over the same and serve.





## CHINESE STYLE FRIED CHICKEN



Dress 4 or 5 pound hen—rub a handful of salt inside and outside before disjointing. Wash in cold water—dry with a clean cloth. Now mix together  $\frac{1}{2}$  cup Soy Sauce,  $\frac{1}{2}$  tablespoonful salt, a pinch of pepper. Mix and rub this mixture on all parts of the chicken. Heat a deep iron skillet, containing 2 cups of Pure Peanut oil. — Be sure Pure Peanut oil is very hot. Now add pieces of chicken and fry slow for 15 minutes—then add more heat. Keep skillet covered at all times. Above mixture will guarantee a golden brown. Fry 20 minutes more. Now add small can white mushrooms. Thicken gravy with 1 teaspoon cornstarch made into a smooth paste. Pour mushroom gravy over chicken and serve.



## CHINESE STYLE ROAST DUCK



Duck is the sacred bird of China on all feast days—Marriages, Holy days, New Years, etc. Duck is always served.

5 to 6 pound tame duck, dress the duck, chop off the wings close to the breast. Prepare a real Chinese dressing. 1 cup of dry Chinese vegetables. Purchase in any Chinese store. 1 cup of black mushroom's. Soak in hot water for 30 minutes before using. Mix stuffing with Pure Peanut oil. Before placing stuffed duck in the roaster rub inside and outside with Chinese Soy Sauce. Salt and a little pepper. Baste the duck several times while roasting. Roast for 1 hour in hot oven, no longer. Serve with hot steamed rice and Chinese tea.

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