

Reliable Recipes

for making

Chinese Dishes

W. E. Garner



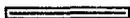
EXPLANATION OF THE NAMES AND WHERE THE SUPPLIES CAN BE PURCHASED

No Chinese dish can be made without the use of these articles. Miow, an oil similar to our peanut oil; Seow, thin black salty sauce, something like Worcestershire; Queow, thick black sweet sauce like New Orleans molasses; Chinese Water Beans and Bamboo Shoots, any or all of which can be purchased at a Chinese store or through a Chinese laundryman who is known to you.

In all dishes calling for chicken, fresh killed and boiled bowl should be used.



Yako Mien



A ball of noodles cooked about 3 minutes in boiling water, then served in a bowl of hot chicken broth or good stock; a few drops of Miow and a dessert spoonful Seow, garnished with two slices roast pork and two pieces of chicken. Serve some chopped Spanish onions with it.

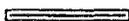
The noodles used are made by the Chinese in their own peculiar manner, and are generally sold when wanted raw at 5 cents a ball. You can substitute the best Italian spaghetti for Yako Mien and Gue Sie Mien if the Chinese noodles cannot be had. You cannot do this with Chow Mien, for the noodles must be fried in deep fat. Rice and tea should be served with all dishes.

© 1914

2.

DEC -5 1914

Gui Sie Mien



Take about one-fourth pound fresh pork, chop or grind like Hamburg, put in frying-pan with one-half Spanish onion sliced, all pieces broken apart, 2 stalks celery cut slanting downward, a little of the bamboo shoot sliced therein; cook about 10 minutes, adding a teacupful of chicken broth or good stock, thicken with 1 teaspoonful corn starch and dessert spoonful Sewow. Have ready a ball of noodles cooked or spaghetti, put into bowl, then pour the sauce over them. Spread over all a half breast of chicken sliced and cut in strips like large matches.



Plain Chop Suey



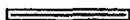
The meat used is fresh shoulder pork, skinned, the fat trimmed off and rendered out.

Cut the lean meat in thin strips about two inches long.

To make enough for one or two persons you need only to purchase a half-pound slice of fresh ham or a piece of fresh pork; put a little lard in a frying-pan that can be covered, put in pork and fry, turning and stirring for about five minutes; then add two stalk celery, cut slantingly downward, one-half sliced Spanish onion (break all pieces apart), a teacupful of Chinese water beans, cover with a cupful of chicken broth or good stock; cover and cook 10 minutes. When done, thicken with a teaspoonful corn starch in a little water, adding a dessert spoonful Queow (thick black sweet sauce similar to New Orleans molasses), a dessert spoonful Seow (thin black salty sauce similar to Worcestershire sauce), a few drops of Miow (an oil something like peanut oil), all of which can be purchased at a Chinese grocery store, and without which you cannot make any Chinese dish.



Chicken Chop Suey



Take about one-quarter of a pound of lean fresh pork and grind or chop like Hamburg, put this in frying-pan and cook until light brown. Then add two stalks celery cut slantingly downward, one-half sliced Spanish onion, a few pieces sliced bamboo shoot sliced thin, half a dozen sliced French mushrooms, a leg and a half breast of a chicken cut crosswise from end to end. Fry all together about 5 minutes, then add one teacupful of chicken broth or good stock, cover and cook 10 minutes. When done thicken with a teaspoonful corn starch in a little water, adding a dessert spoonful of *Seow* and a dessert spoonful of *Queow* (Chinese sauces).



Chow Mien



Fry in hot deep fat until light brown one ball Chinese noodles. Take about one-fourth pound fresh pork and chop or grind like Hamburg, then fry with one-half sliced Spanish onion, all pieces pulled apart, two stalks celery cut slantingly downward, a little sliced bamboo shoot and four sliced French mushrooms. Cook ten minutes, adding a teacupful chicken broth or good stock; thicken with one teaspoonful corn starch, one dessert spoonful Sew. Slightly break the fried noodles and place on a large platter. Pour the hot sauce over the noodles, then spread from end to end over all a half breast of chicken sliced and cut in thin strips like large matches.



Chicken Omelette



Dice a half breast of a chicken (boiled), half an onion, 2 stalks celery, half a dozen pieces bamboo shoot. Break 3 raw eggs into this and mix with a fork. Now drop into hot frying-pan in 3 or 4 cakes like big hot cakes, cook brown and serve quickly.

This is served with a sauce made of a teaspoonful of chicken broth or good stock, a teaspoonful corn starch in a little water and a teaspoonful each of Miow and Queow.



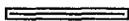
Chinese Roast Pork



Take a piece or pieces of fresh shoulder from which all fat, skin and bone have been removed, boil until done in stock, brown it in a kettle of hot deep fat, then lay in a bowl and cover with *Seow* and leave it long enough to absorb the *Seow* flavor, about two hours. This is sliced and served over *Yako Mien*.



Chinese Ham and Eggs



Dice one-half dozen slices of Chinese roast pork, a half an onion, 2 stalks celery, 3 or 4 pieces bamboo shoot, all diced. Break 3 raw eggs into this and mix all together. Now drop into greased hot frying-pan in 3 or 4 cakes like big hot cakes, cook brown and serve at once.

A sauce is generally served over these omelettes made of a teacupful of chicken broth or good stock, a teaspoonsful corn starch in a little water and a teaspoonful each of Miow and Quoow.



Beef and Peppers



Take one-half pound skirt steak cut in strips and fry, add one-half Spanish onion, two stalks celery and two large green peppers, seeded and sliced; cook ten minutes, thicken with one tea-spoonful corn starch, one dessert spoonful Sew, one cup broth or good stock.



Fried Rice



Dice half a dozen strips of bacon and fry them, add 2 stalks celery and half an onion, diced. Now put in 2 teacups of rice which has been cooked so that every grain stands alone. Fry all light brown and serve.



