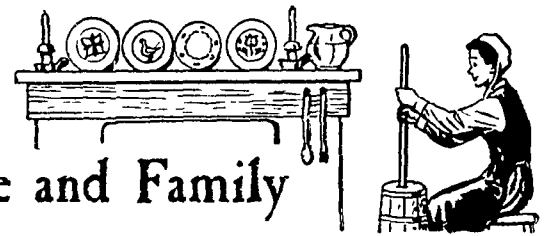


THE CHOP STICKS are really for show only, as Ralph Bitler, left, could not match the skill of Nien Lieh Wang. Interested on-lookers are Mrs. Bitler and son David. The dish they are trying is Tong Chu Ngay

(Sweet Pork). Wang is observing vocational agricultural methods at Solanco High School as a training project of the U.S. Aid Technical Assistance Committee and the government of free China. (LF Photo)

For the Farm Wife and Family



Chinese Cook Tries for Looks, Aroma as Well as Excellent Taste

"A good Chinese cook tries for three things in every dish that is prepared," says Nien Lieh Wang, of Taiwan (Formosa).

"First of all, the food must look attractive to the eye. Then it must appeal to the sense of smell with a pleasant aroma, and last of all, it must taste very good."

Wang, who is supervisor of Taiwan Provincial Troyuan Vocational Agricultural High School, is in Lancaster County studying the teaching of vocational agriculture in the United States. His trip is being sponsored by the International Cooperation Administration.

One of his hobbies is cooking. On Monday night, Ralph Bitler of the vocational agriculture department at Solanco High School had the opportunity of seeing how adept he was with his hobby.

Three dishes were prepared by Wang. They were Tong Chu Ngay, Chop Suey and Chow Mein.

TONG CHU NGAY, better known as Sweet Pork, is a medium difficult dish by Chinese standards. It is considered a three procedure dish. Dishes range in difficulty from a one procedure dish, such as boiled rice, to some of the extremely

difficult six procedure dishes.

Here is the way to make Tong Chu Ngay.

Cut a pound of pork in one inch squares and score.

Cover the meat with a mixture of soya sauce, Accent, sugar, one egg white, and about two tablespoons of cornstarch.

About half a cup of soya sauce and about a tablespoon of sugar are needed.

Let the meat soak in this sauce for about 10 minutes, and then coat with flour and baking powder. About a cup of flour and a teaspoon of baking powder are all that is needed.

Fry the meat in deep fat until brown, pour off the fat and finish frying in the following sauce.

LOAT CHOPPED green onions in four tablespoons of soya sauce, a quarter cup vinegar, four teaspoons of corn starch, half a cup of sugar, and a quarter cup of cold water.

When the meat is a golden brown, with a delicious aroma, it is done.

Garnish the platter with tomato flowers or chopped cucumber to add the necessary eye appeal.

CHOW MEIN is made this way.

(Continued on page eleven)

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