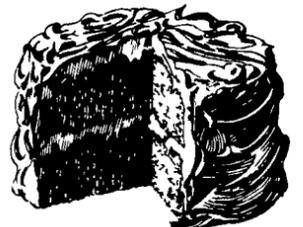


Home On The Range



Add an international flair with Chinese recipes

Chinese foods mix plenty of tender-crisp vegetables with carefully sliced meats and seasonings to create nutritious, tasty meals.

Add a few Chinese recipes to your collection and boost the nutritive value of your meals while adding an international flair to your menus.

While you're enjoying the Chinese food don't forget that June dairy month is rapidly approaching. Some of you have already submitted your recipes using fresh dairy products, but we'd like all of you to participate by sending us your favorite dairy recipes.

If you are one of the first 100 people to share a recipe, we will send you a gift. Each week will feature a different dairy food category, as listed below, so feel free to send a single recipe or a recipe for each category if you'd like!

CHINESE BEEF AND PEA PODS

- 1 pound sirloin steak, 3/4-inch thick
- 1 tablespoon soy sauce
- 1 slice fresh ginger root, crushed
- 1 clove garlic, crushed
- 1 package (7 ounces) frozen Chinese snow peas
- 1/4 cup salad oil
- 1/4 pound mushrooms, sliced
- 3 stalks Chinese cabbage, cut into 1/4-inch slices
- 1 medium onion, sliced
- 1 can (8 ounces) water chestnuts, drained and sliced
- 1 can (5 ounces) bamboo shoots, drained
- 1 can (13 3/4 ounces) chicken broth (1 1/2 cups)
- 3 tablespoons cornstarch
- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- Chow mein noodles

Cut meat diagonally into very thin slices. Mix 1 tablespoon soy sauce, the ginger root and garlic. Sprinkle on meat; toss. Marinate meat 1 hour. Place frozen snow peas in colander; run cold water over peas just until separated. Drain.

In large skillet or wok pan, heat 2 tablespoons of the oil; brown meat, turning once. Remove meat; keep warm. Add 2 tablespoons oil; cook and stir mushrooms, cabbage, onion, water chestnuts and bamboo shoots 2 minutes. Stir in snow peas and 1 cup of the chicken broth. Cover; cook 2 minutes.

Mix remaining chicken broth, the cornstarch, soy sauce, salt and

sugar; pour into skillet. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Add meat; heat through. Serve over chow mein noodles. Serves 4.

CHINESE BEEF AND RICE

- 1 1/2 cups uncooked regular rice
- 1/4 cup salad oil
- 1 tablespoon salt
- 3 cups boiling water
- 2 beef bouillon cubes
- 1 tablespoon plus 1 teaspoon soy sauce
- 2 medium onions, chopped
- 4 stalks celery, chopped
- 2 green peppers, chopped
- 3 cups diced cooked beef

In large skillet, cook and stir rice in oil over medium heat until golden brown. Add salt, water, bouillon cubes and soy sauce. Cover tightly; simmer 20 minutes. Stir in onion, celery, green pepper and meat. Cover tightly; simmer 10 minutes longer or until all liquid is absorbed and rice is tender. Serves 4-6.

TUNA CHOW MEIN CASSEROLE

- 1 cup cut-up celery
- 1/4 cup chopped onion
- 2 tablespoons chopped green pepper
- 1 tablespoon butter or margarine
- 1 can (6 1/2 ounces) tuna
- 1/2 can (5 1/2 ounce size) chow mein noodles (reserve 1/4 cup)
- 1 can (10 1/2 ounces) condensed cream of mushroom soup
- 1/4 cup each milk and water
- pinch of pepper
- 3/4 cup salted peanuts

Heat oven to 350°F. In large skillet, cook and stir celery, onion and green pepper in butter until onion is tender. Stir in tuna (with liquid) and remaining ingredients. Pour into ungreased 1 1/2-quart casserole. Sprinkle with reserved chow mein noodles. Bake uncovered 30 minutes. Serves 4-6.

STIR-FRIED PORK WITH MANDARIN ORANGES

- 1 pound boneless pork
- 2 tablespoons soy sauce
- 2 teaspoons cornstarch
- 1 teaspoon grated orange peel
- 1/2 cup orange juice
- 2 tablespoons cooking oil
- 1 teaspoon grated ginger root
- 2 cups fresh pea pods or 1 6-ounce package frozen pea pods, thawed
- 1 11-ounce can mandarin orange sections, drained



This Chinese Beef and Pea Pods dish offers the best of Chinese cooking - nutrition and flavor.

Partially freeze pork, slice thinly into bite-size strips. In a small bowl blend soy sauce into cornstarch; stir in orange peel and orange juice. Set aside.

Preheat a wok or large skillet over high heat; add cooking oil. Stir-fry gingerroot in hot oil for 30 seconds. Add pea pods; stir-fry 2 minutes for fresh pea pods or 1 minute for thawed frozen pea pods. Remove pea pods. (Add more oil if necessary.) Add half of the pork to hot wok or skillet; stir-fry 2 to 3 minutes. Remove from wok. Stir-fry remaining pork 2 to 3 minutes. Return all pork to wok or skillet. Stir soy sauce mixture and stir into pork. Cook and stir till thickened and bubbly. Stir in pea pods; cover and cook 1 minute more. Remove from heat; stir in drained oranges. Serve at once. Serves 4.

PORK FRIED RICE

- 2 beaten eggs
- 3 tablespoons cooking oil
- 1/2 cup finely diced raw pork
- 1/4 cup finely chopped mushrooms
- 3 tablespoons soy sauce
- 3 tablespoons thinly sliced green onion
- 4 cups cooked rice
- Soy sauce

In a 10-inch skillet or wok, cook beaten eggs, in 1 tablespoon of the oil, without stirring, till set. Invert eggs and set aside.

In the wok cook pork and mushrooms in 3 tablespoons of cooking oil. Add 3 tablespoons of soy sauce and green onion. Cook about 4 minutes or until mushrooms and onions are tender. Stir in cooked rice and egg strips; heat thoroughly. Serve with additional soy sauce. Serves 4-6.

Featured Recipes

This week's featured recipes come from Miriam Forney, chairman of the Pennsylvania Grange cookbook committee. Miriam and the rest of the cookbook committee spent several months working on the Grange's fourth cookbook which is expected to be completed early in June.

A past home economist, Miriam loves to work in the garden and cook. The recipe below for Maryland Crab Imperial appears in the Grange cookbook and is one of Miriam's favorites. To learn more about Miriam and the cookbook, see the story featuring her in this section.

Maryland Crab Imperial

- 1 pound crab meat
- 1/2 green pepper, chopped and sauteed in 2 tablespoons butter
- 1 pimento, chopped
- 1 egg white, slightly beaten
- 1/2 teaspoon salt
- 1 cup buttered bread crumbs
- 2 teaspoons Worcestershire sauce
- 3 teaspoons mayonnaise
- 1/2 teaspoon dry mustard
- 1/8 teaspoon pepper

Mix crab meat, pimento and sauteed green pepper. Combine the other ingredients except bread crumbs and gently fold into crab meat. Place in individual sea shells or greased casserole. Sprinkle with buttered crumbs and bake in moderate oven (350°F) for about 30 minutes. Serves 6.

Deviled Carrots with Water Chestnuts

- 1 pound carrots
 - 1/2 cup butter
 - 2 tablespoons brown sugar
 - 1 tablespoon chives, chopped
 - 1 teaspoon dry mustard
 - 3/4 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 can water chestnuts, drained and cut
- Wash, peel and cut carrots in half lengthwise. Cook carrots until tender crisp. Mix all remaining ingredients except water chestnuts, add carrots and heat. Toss with water chestnuts. Serves six.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543

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| June | |
| 2 | Dairy Desserts |
| 9 | Cheese Dishes |
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