

Chinese foods

(Continued from Page B6)

PORK CANTON

2 tablespoons oil
1 pound boneless, very lean, tender pork
1 green pepper, seeded and cut into 1-inch triangles
1 cup well-drained pineapple chunks
1 cup diagonally sliced celery
2 tablespoons tomato catsup
1 can (10½ ounces) condensed chicken broth
½-cup white vinegar
⅓ cup sugar
2 tablespoons cornstarch

In a wok heat oil until it starts to smoke. Add pork cut into thin strips. Stir quickly over high heat until pork is cooked, about 3 minutes. Add remaining ingredients except cornstarch. Cover and cook until vegetables are tender but crisp - about 6 minutes. Mix cornstarch and ¼ cup water; stir in quickly. Cook until thick. Season with salt.

CHINESE VEGETABLE SALAD

1 package (6 ounce) Chinese pea pods, thawed and drained
2 medium cucumbers, peeled,

halved, seeded and sliced ¼ inch thick

1 medium carrot, cut into 2-inch matchsticks

DRESSING

1 tablespoon vegetable oil
1 teaspoon mild chili powder
1 clove garlic, minced
¼ cup soy sauce
¼ cup white vinegar
3 tablespoons sesame oil
2 tablespoons brown sugar

Combine pea pods with cucumber and carrot in large serving bowl; refrigerate covered. For dressing, heat 2 tablespoons vegetable oil in small skillet. Add chili powder and cook, stirring until heated. Add remaining

ingredients and mix well; let cool. About one hour before serving, pour dressing over vegetables and toss well. Cover bowl and refrigerate until serving time.

VEGETARIAN EGG ROLLS

2 tablespoons peanut or vegetable oil
2 cups shredded cabbage
1 cup chopped onion
1 small carrot, shredded
1 cup thinly sliced celery
2 cloves garlic, crushed
½ cup chopped green pepper
1 cup shredded spinach
¼ cup chopped water chestnuts
½ cup chopped bamboo shoots

4 scallions, thinly sliced
4 dried Chinese black mushrooms, soaked in water for 20 minutes and chopped

1 cup mung bean sprouts
2 tablespoons soy sauce
1 teaspoon sesame oil, optional
1 tablespoon oyster sauce, optional
Pepper
12 to 14 egg roll skins
Peanut or vegetable oil

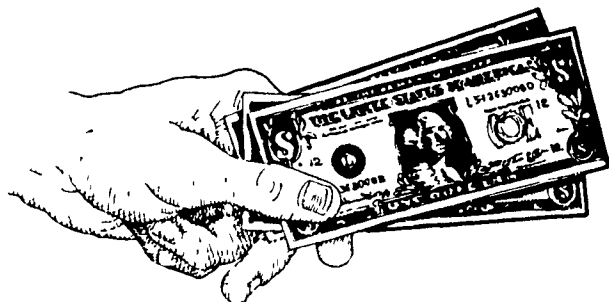
Heat a wok or heavy skillet. Add the two tablespoons oil. Add cabbage, onion, carrot, celery and garlic. Stir-fry over moderate heat until tender-crisp.

Add green pepper, spinach, water chestnuts, bamboo shoots, and scallions. Stir-fry for 1 minute. Remove from heat.

Add mushrooms, bean sprouts, soy sauce, sesame oil, oyster sauce, and pepper.

Place filling on egg roll skins, roll up and seal. Deep fry egg rolls in 375°F. oil until golden brown and crispy.

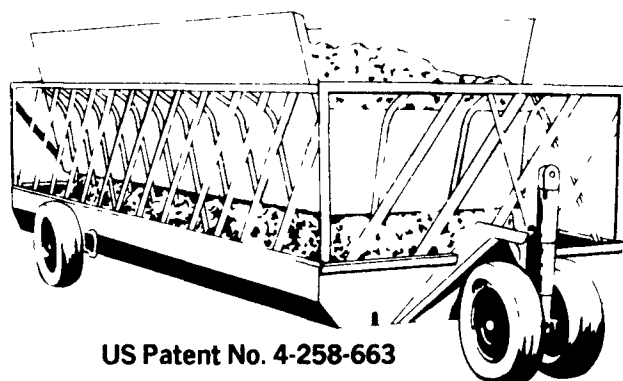
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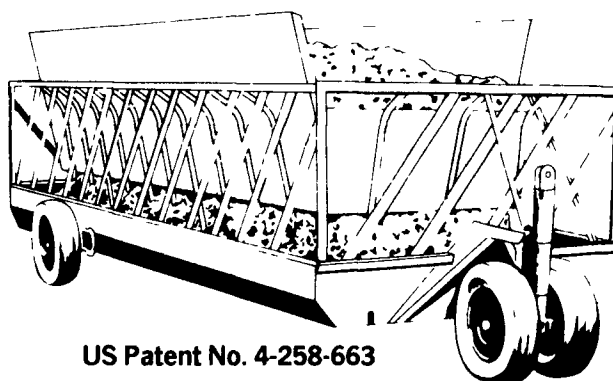
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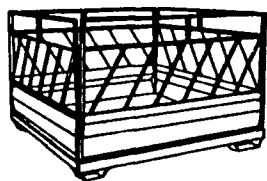
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