



# Home On The Range



## Become A Pro With These Oriental Recipes

If you love to eat oriental foods, but you don't know how to cook them, this week's recipes are for you.

Cheryl Miller of Hallem offers several tips in preparing Chinese food.

She writes: I love to cook and eat Chinese foods. I think I'm addicted to them. I'm not a professional on Chinese cooking but here are some quick tips that I use quite often.

- Buy candied ginger slices instead of the actual ginger root. You can find it in a small bowl in the Chinese section of the supermarket. Candied ginger slices last

longer than ginger root.

- Put 2 or 3 slices in a baggie and break into small pieces with a hammer or other instrument. You can add this to 1/2 cup soy sauce and 1/2 cup water. Mixed with 2 tablespoons cornstarch. If you would like, you can also add 1/2 teaspoon Chinese five spice to this mixture. This gives a basic sauce to add to all chopped vegetables.

- When stir-frying, take spatula down the side of the pan lifting the vegetables on the bottom up to the top. This allows the vegetables to cook evenly.

- Add sesame oil for flavoring. This gives Chinese food a nutlike



With the right recipe, oriental cooking is easy to do.

## Get Acquainted With Oriental Vegetables

**BEAN SPROUTS:** Raw or cooked, crisp-textured ivory shoots add crunchy goodness to recipes. Select fresh-looking sprouts. Refrigerate and use within a few days. Rinse sprouts and drain well right before use. Bean sprouts provide fiber and vitamin C. A 1/2 cup serving has 16 calories.

**BOK CHOY:** With its crisp, crunchy, ivory-white ribs and tender green leaves bok choy offers contrasts in color and texture. The stalks are mild, juicy, with a hint of sweetness. The leaves have a light cabbage flavor. Select bok choy with fresh-looking leaves that are dark green and shiny. Store refrigerated in a plastic bag and use within a few days. A 1/2 cup serving has 15 calories and is a good source for vitamins A and C.

**CHINESE CABBAGE:** There are several green varieties often marked as Chinese cabbage. Nappa is cylindrically shaped with smooth white ribs and yellow-white or green crinkled leaves. Celery cabbage is more elongated in shape than nappa and resembles romaine lettuce in appearance. It has long white ribs that are crowned by light green leaves. Either of these varieties is milder in flavor than head cabbage and more tender, crisp and juicy.

**CHEESE BROCCOLI:** Leafier, lighter green and longer stemmed than the more common variety.

**BITTER MELON:** Shaped like a cucumber or sometimes pear-shaped, bitter melons have a ridged and pebbled skin. When immature, they're bright green, firm-fleshed and bitter. As they ripen, they become slightly sweet, soft and orange. Best quality melons are green-turning-yellow, yet still firm.

**CHINESE LONG BEANS:** Slender beans, either light or dark green, range in length from one to three feet. Darker

beans are generally better flavored and firmer in texture. Taste is the same as the more familiar green bean.

**CHINESE OKRA:** Tender and succulent, resembling the more familiar variety. Slice raw into salads; add to soups or stews; stir-fry; or deep-fry in batter.

**CHINESE WATER CHESTNUTS:** Prized for their firm white flesh and sweet nutty taste, these crisp-textured tubers are perfect for salads, casseroles, meat, seafood, and stir-fry dishes. Look for fresh looking tubers at least 1 1/2 inches in diameter. Store loosely wrapped in a plastic bag; use promptly. Peel just before using. They can be eaten raw or cooked. Chestnuts retain their crispness after cooking.

**DAIKON:** An oriental radish shaped like a carrot and generally white, although varieties may differ in color. Its tastes similar to other radishes, with a sharper, nipier taste. Select firm, smooth roots. The larger sizes may be pitiful. Oriental radishes should be used promptly for best flavor and texture. Scrub skin or scrape skin with a swivel peeler.

**GINGER ROOT:** Golden brown knobby tubers that may be grated, sliced or shredded and used for flavoring meat, vegetables, and desserts.

**JAPANESE EGGPLANT:** A slender, smaller sweeter variety than the American one. Can be baked, stir-fried, grilled, sauteed or used like the American variety.

**SNOW PEAS:** These translucent green pods contribute color, crunchy texture and delicious taste to recipes. Choose fresh, crisp, thin pods in which the outline of the peas is barely visible. Keep refrigerated in plastic and use promptly.

flavor. Add sparingly as you would an extract.

### CHICKEN STIR FRY

1 pound chicken, sliced into bite-sized strips  
1 egg white  
1 teaspoon cornstarch  
1 teaspoon salt  
1 teaspoon soy sauce  
Dash white pepper  
1 pound mushrooms, sliced  
2 tablespoons cornstarch  
2 tablespoons cold water  
2 cloves garlic, finely chopped  
1 teaspoon gingerroot, finely chopped  
1/2 cup chicken broth  
1 package Chinese pea pods  
1 tablespoon oyster sauce  
Vegetable oil  
Mix egg white, 1 teaspoon cornstarch, salt, soy sauce, and pepper in bowl. Add chicken and refrigerate for 30 minutes.  
Mix 2 tablespoons cornstarch and the cold water.

Heat wok or skillet until hot. Add 2 tablespoons vegetable oil, rotate pan to coat sides and bottom. Stir-fry chicken, garlic, and gingerroot until chicken turns white. Remove from pan.

Heat pan again and add 2 tablespoons oil. Stir fry mushrooms for 1 minute. Stir in chicken and chicken broth; bring to a boil. Add cornstarch mixture. Cook until thickened. Add pea pods and oyster sauce. Cook for 1 minute while stirring.

Serve over hot white rice. Serves 4.

Cheryl Miller  
Hallem

### EGG DROP SOUP

2 13 1/4-ounce cans chicken broth  
1 tablespoon cornstarch  
1 well-beaten egg  
2 tablespoons sliced green onion  
In saucepan, slowly stir the chicken broth into cornstarch. Cook, stirring constantly until thickened. Slowly pour in the well beaten egg, stir once gently. Remove from heat. Garnish with green onion. Makes 4 servings.

Tammy Forbes  
Lancaster, N.H.

**BEEF STIR FRY**  
1 pound sirloin, sliced thin  
2 tablespoons soy sauce  
1 tablespoon grated ginger, optional  
1 tablespoon vegetable oil  
1 large onion, chopped  
6 scallions, sliced lengthwise  
2 carrots, sliced thin  
1 cup celery, sliced  
2 cups snow peas  
1 sweet red pepper, sliced  
1 cup sliced mushrooms  
1 tablespoon cornstarch  
Marinade: combine meat, soy sauce, ginger, and garlic in a bowl. Cover and set in refrigerator for 1 hour.

In wok, heat oil over medium

heat. Add onions and scallions, saute until onions are translucent. Remove meat from marinade, reserving marinade. Add carrots, celery, snow peas, red peppers, and marinade to wok. Stir 4 minutes until vegetables are soft. Add mushrooms. Push vegetables up side of wok. Increase heat to medium-high. Add meat and brown. Reduce heat to medium-low and push everything up side of wok. Combine cornstarch mixture to sauce; mix until thickened. Add pepper to taste. Stir until hot. Serve over rice.

Judy Stayman  
Chambersburg

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## Send Recipe Contest Entry Immediately

In a salute to dairy farmers, Lancaster Farming wants to show our readers how versatile and great tasting dairy products are in appetizers, dips, soups, breads, main dishes, vegetables, desserts, beverages, snacks, and salads. And, we want to give you an opportunity to win a cow — well, not a real one, but a replica of one.

Get down your favorite recipe using dairy products and send it to Lancaster Farming for the annual Recipe Dairy Drawing.

If your name is drawn, you will receive one of the following prizes — all highlighting the cow: afghan, placemats, milk pitcher, mail box, porch mat, Jersey cow plaque, Holstein cow plaque, towel rack, paper towel holder, stuffed cow, appliqued pillow top, padded photo album, "Pennsylvania Farm Women Cookbook," "From Mother's Cupboard Cookbook," "TMR Cookbook," "Schuylkill Fair Cookbook," or "Real Royal Recipes," recipes compiled by dairy princesses.

Please send your recipe using a sizable quantity of at least one of the following ingredients: milk, cream, sour cream, butter, yogurt, buttermilk, cottage cheese, ricotta cheese, cream cheese, or any other hard or soft cheese.

Print or type your recipe and be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. Be sure to print your name, full address, and phone number on the recipe. Please include a few paragraphs about yourself or your family. Although it is not required, we'd like a picture of you or your family to include with the recipe.

All recipes submitted will be printed during the month of June. Also, included will be the photo and sentences telling us about yourself and your family. Our readers especially like to read these tidbits of information as it helps to make us feel like "family." Even if you entered the drawing other years, we want you to participate again.

Send your entry to Lou Ann Good, Lancaster Farming Dairy Recipe Drawing, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.

Only one recipe per family, please. Send it immediately as the entries must be postmarked by June 1.