

Oriental

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SWEET AND SOUR STEAK STIR FRY

½ pound boneless top round steak
20-ounce can pineapple chunks in juice
2 tablespoons vinegar
2 tablespoons soy sauce
1 tablespoon cornstarch
1 tablespoon brown sugar
¼ teaspoon ground red pepper
1 small orange, cut in 1-inch pieces

1 medium green pepper, cut in 1-inch pieces

1 small onion, cut into thin wedges

1 tablespoon cooking oil
Partially freeze meat; thinly slice across grain into bite-sized pieces. Peel and slice orange, cut slices in half. Set aside.

Drain pineapple, reserving juice. Add ½ cup juice to a 1 cup liquid measure. Stir in vinegar, soy sauce, cornstarch, brown sugar, and ground red pepper. Set aside.

In a wok or large skillet, stir-fry green pepper and onion in hot oil for 3 to 4 minutes or until crisp-tender. Remove. Add more oil if necessary. Add meat to wok and stir fry meat for 2 to 3 minutes or until brown, push meat from center of pan.

Stir sauce, add to center of wok. Cook and stir until thickened and bubbly. Add vegetables and pineapple chunks. Cook and stir until hot. Stir in oranges. Serve immediately over rice. Serves 4.

Tammy Forbes
Lancaster, N.H.

WON TON

1 pound raw pork, finely ground
½ cup finely chopped celery
2 minced garlic cloves
1½ tablespoon vegetable oil
½ teaspoon MSG
Dash salt
Dash pepper
Saute garlic in heated oil, add celery and pork, stirring occasionally, add MSG, salt and pepper, to taste. Cook until pork is thoroughly cooked. Cool.

Purchase won ton skins or egg roll skins from store, cut into 4 squares.

Add to soup or fry won ton until golden brown and eat.

FRIED RICE

1 cup cooked cubed meat, chicken, pork, or small can shrimp
1 green onion, thinly sliced
1 large onion, chopped
½ box mixed carrots and peas, thawed and drained.

4 cups cooked white rice
2 eggs, beaten
Soy sauce
Vegetable oil

Heat wok or skillet until hot. Add 2 tablespoons oil, rotating pan until bottom and sides are coated. Add onion and green onion. Stir fry until onion just starts to become transparent, about 4 to 6 minutes. Add meat and the mixed peas and carrots. Stir-fry 2 minutes. Push everything to one side. Add eggs and stir quickly, cooking them completely and keeping them in small pieces with your spatula. Mix all together. Add rice and 2 to 3 tablespoons of soy sauce, stirring until rice is coated by the soy sauce and is hot. Serves 4 to 6.

Cheryl Miller
Hallem

EGG DROP SOUP

5 cups chicken broth or water
1 tablespoon plus 2 teaspoons instant chicken bouillon
½ teaspoon salt
3 tablespoons cold water
1 tablespoon plus 1½ teaspoons cornstarch
1 egg, slightly beaten
2 scallions or green onions, sliced diagonally. Heat broth or prepare bouillon. Add salt. Bring to a boil. Mix 3 tablespoons water with cornstarch; stir slowly into broth. Boil and stir for one minute. Slowly pour egg into broth stirring constantly with a fork to form shreds of eggs. Remove from heat. Stir once or twice. Garnish with scallions. Serves 6.

Deborah Risser
Hershey

CHINESE SPAGHETTI

Note: amount of ingredients depends on amount of guests. As easy to make for one as it is for 6.

Cooked spaghetti, keep hot
Raw vegetables: broccoli, carrots, green peppers, onions, celery, snow or sugar peas, mushrooms, canned or fresh.

Garlic salt
Vegetable oil
Soy sauce

Heat heavy skillet until hot. Add oil to just cover bottom of pan. Add garlic salt. Heat until browned lightly — do not burn. Add vegetables, stir fry until crisp tender. Add soy sauce to taste. Add hot cooked spaghetti, toss with vegetables. Serve immediately. Can add cooked leftover chicken or pork or small frozen shrimp when adding vegetables, if desired.

Deborah Risser
Hershey

KUNG PAO CHICKEN

In a bowl, combine 1 tablespoon each dry sherry and cornstarch, ½ teaspoon salt, ¼ teaspoon pepper. Add 1½ pounds chicken breast meat that has been skinned, boned, and cut into bite-sized pieces. Stir in 1 tablespoon salad oil and let set 15 minutes.

Prepare cooking sauce. Combine in a bowl or large measuring cup 2 tablespoons soy sauce, 1 tablespoon wine vinegar and dry sherry, 3 tablespoons water, 2 teaspoons each sugar and cornstarch. Before beginning the next step, assemble the remaining ingredients.

Heat wok or large frying pan over medium heat until hot. Add 1 tablespoon oil and stir in ½ cup salted peanuts and ½ teaspoon crushed red pepper. More or less pepper may be added, depending upon your tolerance for spicy food. Stir, taking care that the pepper does not burn, for about 1 minute. Remove from pan and set aside.

Add 2 tablespoons oil to pan and increase heat to high. When oil is hot, add 1 teaspoon each minced garlic and fresh ginger. Stir once; add chicken and stir fry until chicken is cooked through, about 3 to 4 minutes. Add 2 whole green onions that have been sliced into 1½-inch pieces and the peanuts and peppers. Stir in sauce and cook until sauce bubbles and is thick. Serve over rice.

Kathleen Murray Wolf

STIR-FRY CHICKEN AND VEGETABLES

2 cups leftover chicken, chopped
1 teaspoon salt
6 ounces snow peas or sugar peas

2 tablespoons vegetable oil
6 medium stalks celery, cut diagonally

1 small can mushrooms or ¼ cups fresh mushrooms
1 cup choice of raw vegetables - broccoli, carrots, etc.

½ cup green pepper, diced
½ cup onions, diced
¼ cup chicken broth
¼ cup water

2 tablespoons cornstarch
1 teaspoon soy sauce
Cooked rice

Heat oil in heavy skillet. If using raw chicken, stir fry until white. If using cooked chicken, add chicken with vegetables. Stir fry until crisp-tender, add chicken broth. Bring to boiling. Mix cornstarch and water. Add to chicken mixture. Heat to boiling. Boil and stir for 1 minute. Add soy sauce. Serve immediately over hot cooked rice. Serves 6.

Hints: just as delicious made without chicken. Can easily be increased to accommodate extra guests — just add more vegetables.

Deborah Risser
Hershey

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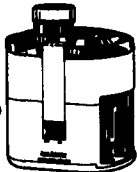
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