

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

MARCH 2019

Has Chinese cuisine always interested you? Do the ingredients sound exotic and the cooking methods somewhat of a mystery? Actually, preparing and cooking Chinese food can be as enjoyable as eating it. You can be as authentic as old fashioned recipes and your methods can include steaming, stir-frying, simmering and deep frying.

Fried Rice

3 cups cooked rice
3 tablespoons butter
 $\frac{3}{4}$ cup cooked ham, cut into thin strips
 $\frac{1}{3}$ cup green onions (with tops), thinly sliced
2 eggs, lightly beaten
About 3-4 tablespoons soy sauce

Over medium heat, melt butter in a 10" skillet. Add the ham and green onions; sauté for about 3 or 4 minutes, just until onion is limp but not browned. Now add beaten eggs and stir constantly until eggs are cooked. Add rice and stir into mixture in skillet. Stir now and then until rice is heated. Add soy sauce; stir until rice is coated- delicious! About 4 servings.

Chow Mein

2 whole chicken breasts, skinned, boned, and cut into bite-sized pieces
 $\frac{3}{4}$ cup onion, sliced into bite-sized pieces
 $\frac{1}{2}$ cup celery, sliced into $\frac{1}{2}$ " pieces
1 cup fresh mushrooms, sliced
About 2 cups bok-choy, thinly sliced
About 2 cups fresh bean sprouts
Soy sauce
Cooking oil
Cornstarch

Place bite-sized pieces of chicken in a small bowl; add about 1 tablespoon cornstarch and 2 tablespoons soy sauce. Stir to coat chicken. Heat about 3 tablespoons cooking oil (peanut oil is good) in a wok or large skillet. Add chicken and stir until browned. Add onion, celery, and mushrooms. Stir-fry for about 4 minutes and add bok-choy and bean sprouts. Cook for only 3 minutes. Season with soy sauce to taste. Serve over warmed Chinese noodles.

Variations: Asparagus, cut into 2" pieces; fresh spinach, cut into 1" strips; canned, sliced water chestnuts; thin slices green and/or red bell pepper; canned bamboo shoots; Chinese cabbage.

Sweet and Sour Chicken

1-1½ pounds chicken breasts, skinned, boned, and cut into 1-1½" pieces
1 large green pepper, cut into $\frac{1}{2}$ " strips
1 clove garlic, minced
1 medium sized onion, cut into 1" pieces
1 (8 oz) can pineapple chunks
 $\frac{1}{2}$ cup honey
 $\frac{1}{3}$ cup red wine vinegar
2 tablespoons soy sauce
Cooking oil for deep frying

For batter:

1 beaten egg
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup cornstarch
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt

Cut green pepper, onions, and garlic; set aside. Drain pineapple (reserving juice) and mix with honey, vinegar, and soy sauce. Add water to reserved juice to equal 1 cup and stir into honey mixture; set aside. Now make batter by combining egg and water. Add cornstarch, flour, and salt. Beat till smooth. Dip chicken pieces in batter and fry in deep hot oil for 5-6 minutes or until golden brown. Drain and keep warm. Now preheat wok or large skillet over high heat. Add 2 tablespoons cooking oil and stir-fry garlic, onion, and green peppers for 3-4 minutes. Add pineapple juice mixture. Cook and stir until bubbly (about 3 minutes.) Add the chicken and pineapple chunks. Heat thoroughly. About 4-6 servings.

Note: I add 2-3 tablespoons of cherry maraschino juice to the sauce mixture. Makes good color and good flavor. My granddaughter, Jackie, loves this dish and can eat almost the whole recipe!



ANNA SHELDON HOPKINS