

THE ART AND SECRETS OF

Chinese

COOKERY . . .

"Mmmmm . . . mmmmm . . . what flavor! What aroma!" are usual expressions of delight when family or guests, young and old alike, are served Chop Suey, Chow Mein, Egg Foo Yong and the many other delicacies illustrated and described in the pages to follow. Furthermore, these delicious foods can be served with the full assurance that justice is being done the food budget as well as the health and welfare of the family.

Chinese foods as we know them (actually they're Chinese and domestic ingredients artfully blended to satisfy the American appetite) offer welcome departures from dull, everyday dishes, though they cost no more to prepare. Highly nutritious, Chop Suey for example, contains five to nine vegetables . . . meat, fowl or seafood . . . and rice, with an all-over flavoring of Soy Sauce. A balanced one-dish meal you yourself can prepare at home in fifteen minutes, rivaling the magic creations of the most famous Chinese chefs.

IMPORTANT. . . . To guarantee complete satisfaction in the home preparation of Chinese dishes, make certain the ingredients you use bear the brand name "La Choy." Only "La Choy" Chinese foods are prepared in a modern American factory under complete laboratory supervision—your assurance of an incomparable standard of quality.

American Chop Suey or Chow Mein

(Using leftover Cooked Pork, Beef, Veal or Chicken)
(Cooking time: 15 min.) (Yield: 4 large portions) (Estimated cost: 75c to 95c)

$\frac{1}{4}$ cup butter or shortening
2 cups cooked meat, cut in thin strips
1 cup onions, cut fine
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

1 can LaChoy Bean Sprouts (drained well)
or
1 can LaChoy Mixed Vegetables (drained well)
2 cups celery, cut fine
 $1\frac{1}{2}$ cups hot water

FOR FLAVORING AND THICKENING:

2 tablespoons cold water
2 tablespoons cornstarch
1 tablespoon LaChoy Soy Sauce
1 teaspoon sugar

NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Melt butter or vegetable fat in hot skillet. Add onions and fry for three minutes. Add celery, salt, pepper and hot water. Cover and cook for five minutes. Add drained LaChoy Bean Sprouts or LaChoy Mixed Vegetables and meat. Mix thoroughly and cook five minutes. Combine and add flavoring and thickening ingredients.

Stir lightly and cook one minute. Serve piping hot with LaChoy Noodles for Chow Mein, or cooked rice for Chop Suey. Flavor individual dishes to taste with LaChoy Soy Sauce.

GARNISH or decorate with lettuce, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.



La Choy Bean Sprouts. Derived from the tiny mung bean—originally native to the orient, but today grown extensively in this country—these crisp, tender, white sprouts are basic for most Chinese dishes. Indispensable in preparing plain Chop Suey or Chow Mein, Egg Foo Yong, Chinese soups, salads, stews and meat dishes.

Meatless Chop Suey or Chow Mein

(Cooking time: 12 min.)

2 large green peppers (cut in long strips)
1 cup onions, cut fine
1 teaspoon salt
1 ¼ cup hot water

(Yield: 4 large portions)

1 can LaChoy Bean Sprouts (drained well)
or
1 can LaChoy Mixed Vegetables (drained well)
½ cup butter
⅛ teaspoon pepper

(Estimated cost: 60c to 80c)

2 cups celery, cut fine

FLAVORING AND THICKENING:

2 tablespoons cold water
2 teaspoons LaChoy Soy Sauce
3 tablespoons cornstarch
1 teaspoon sugar

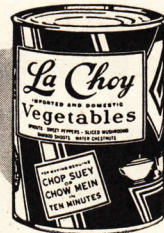
NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Melt butter in large skillet. Add green peppers, onions and celery and saute (without browning or burning) for two minutes. Add hot water. Cover and cook seven minutes. Add drained LaChoy Bean Sprouts, or LaChoy Mixed Vegetables. Bring to a boil. Combine and add thickening and

flavoring mixture. Stir lightly and cook for one minute. Serve piping hot over cooked rice for Chop Suey or LaChoy Noodles for Chow Mein. Flavor individual portions to taste with LaChoy Soy Sauce.

GARNISH or decorate with lettuce, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.

La Choy Mixed Vegetables combine bean sprouts, water chestnuts, bamboo shoots, mushrooms and sweet pepper, proportioned and sliced correctly for making the most elaborate of Chinese dishes—Sub Kum Chop Suey or Chow Mein. Also, delicious when used as a creamed vegetable, in soups, and as an ingredient of fruit, vegetable or meat salads.



Tuna Fish Chop Suey or Chow Mein

(Cooking time: 12 min.)

(Yield: 4 large portions)

(Estimated cost: 85c)

¼ cup butter

1 7-oz. can Tuna Fish, scalded in hot water and drained

1 cup onions, cut fine

1 teaspoon salt

⅛ teaspoon pepper

2 cups celery, cut fine

1½ cups hot water

1 can LaChoy Mixed Vegetables (drained well)

or

1 can LaChoy Bean Sprouts (drained well)

FLAVORING AND

THICKENING:

2 tablespoons cold water

2 tablespoons cornstarch

1 tablespoon LaChoy Soy Sauce

1 teaspoon sugar

NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Saute onions in melted butter (without browning or burning) for two minutes. Add salt, pepper, celery and hot water. Cover and cook for five minutes. Add Tuna Fish (broken in small pieces) and drained LaChoy Mixed Vegetables or LaChoy Bean Sprouts. Heat thoroughly. Combine and add thickening and flavoring in-

gredients. Stir lightly and cook for one minute. Serve over LaChoy Noodles for Chow Mein or cooked rice for Chop Suey. Flavor individual dishes to taste with LaChoy Soy Sauce.

GARNISH or decorate with lettuce, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.

La Choy Chow Mein Noodles. Golden brown, crisp, of tantalizing aroma and flavor, LaChoy Chow Mein Noodles provide the foundation for wholesome and delicious Chow Mein. Ideal as a



base for chicken a la king and all kinds of creamed meat, seafood and vegetable dishes. Also, enjoyed by countless people as a confection or snack dish.



Fine Cut Chop Suey or Chow Mein

(Cooking time: 15 min.)

$\frac{1}{4}$ cup butter or shortening
 $1\frac{1}{2}$ cups ($\frac{3}{4}$ lb.) lean pork, veal or
beef cut in thin strips
1 cup onions, cut fine
1 teaspoon salt

(Yield: 4 large portions)

$\frac{1}{8}$ teaspoon pepper
 $\frac{2}{2}$ cups celery, cut fine
 $1\frac{1}{2}$ cups hot water
1 can LaChoy Bean Sprouts
(drained well)

(Estimated cost: 75c)

FOR FLAVORING AND THICKENING:

2 tablespoons cold water
2 tablespoons cornstarch
2 teaspoons LaChoy Soy Sauce
1 teaspoon sugar



NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Melt butter or vegetable fat in hot skillet. Add meat, stir and sear quickly (without browning or burning), add onions and fry for five minutes. Add celery, salt, pepper and hot water. Cover and cook for five minutes. Add drained LaChoy Bean Sprouts. Mix thoroughly and heat to boiling point. Combine and add flavoring and thickening ingredients. Stir lightly and cook one minute. Serve piping hot with LaChoy Noodles for Chow

Mein, or cooked rice for Chop Suey. Flavor individual dishes to taste with LaChoy Soy Sauce.

GARNISH or decorate with parsley, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.

NOTE: The secret of making Chop Suey is in searing meats quickly without burning or browning, and in cooking onions and celery so as not to mush. Don't overmix or overcook Bean Sprouts. A little practice will make you expert at the art of Chinese cookery.

La Choy Soy Sauce. A piquant sauce for achieving the essential flavor characteristic to all famous Chinese dishes. Also widely favored as a steak sauce, as well as for soups, stews, roasts, hashes, gravies, salad dressings, etc. Free from ingredients ordinarily present in condiments; frequent use will aid the digestive process



De Luxe Mushroom Chop Suey or Chow Mein

(Cooking time: 12 min.)

(Yield: 4 to 6 portions)

(Estimated cost: 90c)

$\frac{1}{4}$ cup butter or shortening
 $1\frac{1}{2}$ cups ($\frac{3}{4}$ lb.) beef tenderloin or
lean veal, cut in thin strips
1 cup onions, cut fine
1 teaspoon salt
 $1\frac{1}{2}$ cups hot water

$1\frac{1}{2}$ cups canned or fresh mush-
rooms, cut in $\frac{1}{4}$ pieces.
1 can LaChoy Bean Sprouts
(drained well)
 $\frac{1}{8}$ teaspoon pepper
2 cups celery, cut fine

FLAVORING AND THICKENING:

2 tablespoons cold water
2 tablespoons cornstarch
2 teaspoons LaChoy Soy Sauce
1 teaspoon sugar

NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Heat fat in skillet, add meat and sear quickly (without browning or burning), add onions and fry for five minutes. Add celery, salt, pepper and hot water. Cover and cook for five minutes. Add mushrooms (fresh mushrooms should be cleaned, washed and cut into quarters). Add drained LaChoy Bean Sprouts. Mix thoroughly and bring to

boil. Combine and add thickening and flavoring ingredients. Mix lightly and cook for one minute. Serve piping hot over LaChoy Noodles for Chow Mein or cooked rice for Chop Suey. Flavor portions to taste with LaChoy Soy Sauce.

GARNISH or decorate with lettuce, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.

LaChoy Brown Sauce
adds a rich brown appearance and
a delicate degree of sweetness to chop
suey, gravies, stews, soups, etc.



Selected by many for coloring and sweetening baked beans, brown bread, cookies, etc., it imparts a master touch to many dishes.

Shrimp Chop Suey or Chow Mein

(Cooking time: 15 min.)

(Yield: 4 large portions)

(Estimated cost: 85c)

4 tablespoons butter
1 5 $\frac{3}{4}$ -oz. can Shrimp
(drained weight)
 $\frac{1}{2}$ cup onions, cut fine
1 teaspoon salt

$\frac{1}{16}$ teaspoon pepper
2 cups celery, cut fine lengthwise
1 cup hot water
1 can LaChoy Mixed Vegetables
(drained well)

FLAVORING AND THICKENING:

2 tablespoons cold water
2 tablespoons cornstarch
2 teaspoons LaChoy Soy Sauce
1 teaspoon sugar

NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Saute onions in three tablespoons of the measured butter (without browning or burning) for three minutes. Add celery, hot water, salt and pepper. Cover and cook over hot fire for five minutes, stirring often. (Saute shrimp in one tablespoon butter for two minutes.)

Add drained LaChoy Mixed Vegetables and shrimp. Heat to boiling point. Combine and add thickening and flavoring ingredients. Stir lightly and cook for one minute. Serve piping hot over LaChoy Noodles for Chow Mein or cooked rice for Chop Suey. Garnish with thin strips of green pepper and nuts. Individual dishes may be flavored to taste with LaChoy Soy Sauce.



LaChoy Water Chestnuts are grown in and directly imported from China. They are the very palatable nut-like corns, or solid bulbs, of an aquatic vegetable cultivated widely in Asia. Their texture



and delicate flavor faintly resemble the American chestnut, but are crisp rather than mealy after cooking. They are essential to many fine dishes, especially Chop Suey, Chow Mein and Egg Foo Yong.



Sub Kum Chop Suey or Chow Mein

(Cooking time: 15 min.)

$\frac{1}{4}$ cup butter or shortening
2 cups (1 lb.) lean pork, cut in thin strips
1 cup onions, cut fine
1 teaspoon salt
 $\frac{1}{16}$ teaspoon pepper

(Yield: 4 large portions)

2 cups celery (cut in 1-inch pieces, then into thin strips, lengthwise)
 $1\frac{1}{2}$ cups hot water
1 can LaChoy Mixed Vegetables (drained well)

(Estimated cost: 95c)

FOR FLAVORING AND THICKENING:

2 tablespoons cold water
2 tablespoons cornstarch
2 teaspoons LaChoy Soy Sauce
1 teaspoon sugar

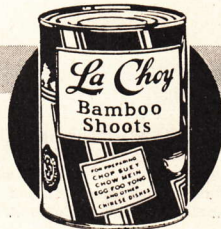
NOTE: Add 1 tablespoon of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Melt butter or vegetable fat in hot skillet. Add meat, stir and sear quickly (without browning or burning), add onions and fry for five minutes. Add celery, salt, pepper and hot water. Cover and cook for five minutes. Add drained LaChoy Mixed Vegetables. Mix thoroughly and heat to boiling point. Combine and add flavoring and

thickening ingredients. Stir lightly and cook for one minute. Serve piping hot with LaChoy Noodles for Chow Mein or cooked rice for Chop Suey. Flavor individual dishes to taste with LaChoy Soy Sauce.

GARNISH or decorate with lettuce, parsley, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.

LaChoy Bamboo Shoots are imported from those sections of China in which climate and soil are favorable to the cultivation of the most desirable variety. They are among the most important and relished foods employed in Chinese



cookery. Originally used in preparing fancy Chop Suey, Chow Mein and other fine Chinese dishes, they are now often combined with sea food, meat and domestic vegetables in making salads and entrees.

Bridge Party Chop Suey or Chow Mein

(Cooking time: 25 min.)

(Yield: 12 portions)

(Estimated cost: \$2.40)

$\frac{3}{4}$ cup butter or shortening
2 $\frac{1}{2}$ lbs. lean pork or chicken—un-
cooked and cut in thin strips.
3 cups onions, cut fine
1 tablespoon salt

$\frac{1}{2}$ teaspoon pepper
6 cups celery, cut fine
3 $\frac{1}{2}$ cups hot water, or stock
3 cans LaChoy Mixed Vegetables
(drained well)

FOR FLAVORING AND
THICKENING:

$\frac{1}{3}$ cup cold water
6 tablespoons cornstarch
2 tablespoons LaChoy Soy Sauce
1 tablespoon sugar

NOTE: Add 3 tablespoons of LaChoy Brown Sauce if Chop Suey is desired.

METHOD: Melt butter or vegetable fat in hot skillet. Add meat, stir and sear quickly (without browning or burning), add onions and fry for five minutes. Add celery, salt, pepper and hot water. Cover and cook for ten minutes. Add drained LaChoy Mixed Vegetables. Mix thoroughly and heat to boiling point. Combine and add flavoring

and thickening ingredients. Stir lightly and cook for two minutes. Serve piping hot with LaChoy Noodles for Chow Mein or cooked rice for Chop Suey. Flavor individual dishes to taste with LaChoy Soy Sauce.

GARNISH or decorate with lettuce, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added.



LaChoy Magic Touch. Creates an utterly new taste thrill when added to meats, fowl, seafood, vegetable dishes, soups, stews, gravies, salads, etc. To achieve best results with cooked dishes, this magic blend of ingredients should be applied promptly after removing dish from stove, as a substitute for pepper and salt.

Cooked Rice, Chinese Style

(Cold Water Method)

1 cup raw rice 2 quarts cold water 2 teaspoons salt

METHOD: Wash rice thoroughly three or four times in fresh water. Place washed rice in large pan. Add cold water and add salt. Bring to a boil rapidly (this takes 12 to 15 minutes). Reduce heat so that rice is at a medium boil.

Do not stir as the boiling of water keeps rice from sticking. Boil 10 to 12 minutes or until rice is tender when pressed between fingers. Drain at once through colander, then return to pan. Cover pan with a cloth, set over hot water to keep warm. Rice cooked by this method will be white, fluffy, and light.



Fried Rice

½ lb. roasted or fried ham or bacon (a can of lobster or shrimp may be substituted for meat)

3 cups of cooked rice 2 eggs
1 tablespoon chopped onions ¼ teaspoon pepper
2 tablespoons LaChoy Soy Sauce ½ teaspoon salt

METHOD: Cut ham or bacon in small pieces and fry. Not necessary to heat or fry cold roasted meat, canned lobster or shrimp. Simply cut small. Fresh shrimp or lobster should be sauted in butter three minutes. Fry eggs slightly on both sides in a hot, well greased skillet. Add rice, onions, pepper, salt, meat or sea food, and mix thoroughly while cooking about three minutes. Remove from fire, add LaChoy Soy Sauce and stir. Serve while hot. (Yield: 4 portions.)

LaChoy Mystic Sauce. An unusual table sauce—Worcestershire style—blended from choice domestic and Oriental ingredients. Contains no vinegar. Its surprising tang imparts new zest to otherwise commonplace foods. A flavor “stepper-upper” for all meats and sea foods as well as soups and many egg and vegetable dishes.





Menu **SUGGESTIONS**

Chicken Rice Soup
Celery Hearts Ripe Olives
Sub Kum Chow Mein
Mandarin Salad
Sponge Cake Topped with Sliced Peaches
Tea



Mushroom Soup
Mixed Sliced Pickles Radishes
Chinatown War Mein
Singapore Slaw
Ice Cream
Coffee

Shrimp Cocktail
Chopped Pickle Relish Stuffed Celery
Meatless Chow Mein
Golden Sun Salad
Almond Cookies
Tea



Chicken Sub Kum Soup
Celery Hearts Stuffed Olives
Chinese Fried Chicken with
• Chinese Brown Gravy
Mashed Potatoes
Stewed Bean Sprouts with Melted Butter
Lotus Blossom Salad
Pineapple or Orange Ice
Coffee

Tomato Juice
Fine Cut Chop Suey
Steaming Rice
Pineapple and Cottage Cheese Salad
Ice Cream and Wafers
Tea

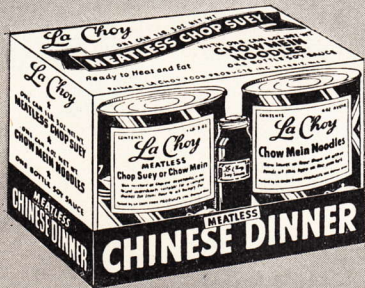


Yet-Ca-Mein
Sweet Pickles Green Onions
Egg Foo Yong with Chinese Brown Gravy
Steaming Rice
Chinese Salad Bowl
Pineapple Gems
Tea or Coffee



LaChoy Chinese Dinner

Ready to heat and eat, this balanced one-dish meal meets any emergency gracefully, prompting generous praise for the housewife or hostess who serves it. Contains one can of Chop Suey with meat, one can of Chow Mein Noodles and a vial of Soy Sauce. Simply warm Chop Suey and serve over the Noodles.



LaChoy Meatless Chinese Dinner

Ideal for Fast Days, Lent, or for individuals restricted to a meatless diet. Contains six vegetables properly blended and flavored to please even the most delicate palate. A favorite of grown-ups and children everywhere. Contains one can Meatless Chop Suey, one can Chow Mein Noodles and a vial of Soy Sauce—a complete one-dish meal.



Chicken Sub Kum Soup

6 cups chicken broth or bouillon
1 can LaChoy Mixed Vegetables (drained well and contents finely chopped)
3 eggs, beaten
LaChoy Soy Sauce and pepper

Add LaChoy Mixed Vegetables to boiling broth and cook five minutes. Pour beaten eggs into broth, stirring slowly until the eggs form small "flowers." Season to taste with Soy Sauce and pepper.

Approximate yield: 8 portions.

Scrambled Eggs with Bean Sprouts

1 can LaChoy Bean Sprouts (drained well)
2 teaspoons LaChoy Soy Sauce
2 tablespoons green onion and tops, or dry onions, cut fine
6 eggs
2 tablespoons butter

1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
toast

METHOD: Melt butter in large skillet and saute onions one minute. Add well-drained Bean Sprouts and mix lightly. Combine salt, Soy Sauce, pepper and eggs and beat slightly. Pour over Bean Sprouts in skillet—scramble and cook over a slow fire until eggs are set. Serve on hot buttered toast. Garnish with small cocktail or pork sausages, or serve plain.

Yet-Ca-Mein

(Yield: 3 portions)

Boil five ounces of fine noodles or vermicelli in quart of rich chicken, beef or other broth, for four minutes. Divide the noodles and the broth into serving bowls, garnish with halves of hard-boiled eggs, sliced cold roast pork or chicken, and sprinkle with chopped parsley or green onions. Flavor individual portions to taste with LaChoy Soy Sauce.

Egg Foo Yong

(Yield: 4 large or 6 small portions)

- 6 large or 8 small eggs
- $\frac{1}{2}$ teaspoon salt
- 1 can LaChoy Bean Sprouts (drained well)
- 1 cup cooked meat, cut fine—veal, pork, beef, chicken, turkey, tuna fish, shrimp, lobster or crabmeat may be used.
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ cup onions, cut fine
- 3 cups cooked rice

METHOD: Drain Bean Sprouts thoroughly. (This is very important.) Beat eggs about one minute, using rotary beater. Add drained Bean Sprouts, sea food or meat, salt, pepper and onions. Mix lightly together. Place 1 teaspoon fat in a small (6-inch) hot cast iron skillet, or use one-half teaspoon of fat in each of four three-inch rings or molds on large skillet. Pour $\frac{1}{2}$ cup of mixture in 6-inch

skillet or $\frac{1}{4}$ cup in each ring. Cook quickly over hot fire until set and brown on edges, turn and brown other side. Stack on hot plate, keep covered until all are cooked. Serve one or two to each person with a portion of cooked rice, covered with three tablespoons of Chinese Brown Gravy (recipe on next page). Garnish with parsley and sliced green onion and sweet pepper. ➔

Golden Pheasant Omelet

- 3 eggs
- 1 teaspoon salt
- 1 cup LaChoy Mixed Vegetables
- 2 tablespoons butter
- 1 teaspoon LaChoy Soy Sauce
- $\frac{1}{4}$ cup dripping from sausage
- 3 tablespoons milk
- $\frac{1}{8}$ teaspoon pepper
- Sausage (6 links)
- 1 teaspoon LaChoy Brown Sauce
- $\frac{1}{4}$ cup hot water

METHOD: Add milk, salt and pepper to eggs. Beat well, using rotary egg beater. Add well-drained LaChoy Mixed Vegetables, mix lightly. Melt butter in omelet pan (or skillet) turning so that pan will be well buttered. Pour in omelet mixture. Cover and cook over low heat until puffed and a light brown underneath. Turn omelet pan, cook other

side (if skillet is used, place under broiler for a few minutes). Remove to hot platter—garnish with pork sausages which have been slowly fried. Add LaChoy Sauces and hot water to drippings in pan where sausages were fried. Let come to boil. Pour sauce over omelet—serve at once. (Yield: 3 portions.) Garnish with green onion and radishes.



Chinese Roast of Beef

(With Brown Gravy)

5 lbs. rib or rump of beef
2 tablespoons LaChoy Soy Sauce

1 teaspoon LaChoy Brown Sauce
2 teaspoons salt

$\frac{1}{4}$ teaspoon black pepper
2 tablespoons melted fat

METHOD: Mix salt and pepper with La-Choy Sauces and rub well into the meat. Let stand a few minutes to marinate, then brush melted fat over lean part of meat. Place meat in flat roasting pan, pour remaining

mixed seasoning over meat. Roast, uncovered, in moderate (350 degree) oven for two and one-half hours for well done—one and one-half hour for rare. Baste three times during roasting time. Remove to hot platter and serve with Chinese Brown Gravy.

Chinese Brown Gravy

6 tablespoons drippings from
roast beef, ham or chicken
6 tablespoons flour

2 tablespoons LaChoy Soy
Sauce
1 teaspoon LaChoy Brown
Sauce

1 teaspoon salt
Dash of pepper
 $\frac{1}{2}$ cup cold water
 $1\frac{1}{2}$ cups hot water

NOTE: 1 beef or chicken bouillon cube may be added, and mushroom juice may be used instead of hot water, if available. Add more flour if thicker gravy is desired. Add more water if thinner gravy is preferred.
METHOD: Mix flour and drippings in bottom of pan. Add LaChoy

Sauces, salt, pepper and cold water. Crush lumps and mix thoroughly. Add hot water. Stir well and cook to a smooth paste. Pour in hot gravy boat and serve with Egg Foo Yong, cooked or fried rice, biscuits, potatoes, dumplings, egg noodles, chops, roast beef, pork or veal.



Chinese Fried Chicken

1 Frying Chicken (cut into frying size pieces)
¼ cup LaChoy Soy Sauce
2 teaspoons salt

⅛ teaspoon pepper
2 tablespoons green onions (minced)
⅛ teaspoon powdered ginger

1 cup hot water (or stock made from giblets)
¼ cup cooking wine
½ cup fat 1 cup flour

METHOD: Sprinkle chicken with salt and pepper, dip in LaChoy Soy Sauce. Rub sauce well into chicken. Let stand for five minutes to marinate. Heat fat in skillet, roll chicken in flour and fry to a golden brown. Mix wine, ginger and hot water and pour

over chicken. Sprinkle green onions over top—cover and cook over a slow heat for forty-five minutes, or until chicken is tender. Remove to hot platter and make Chinese brown gravy. Pour over chicken, garnish with toasted almonds and ripe olives.

Chinese Stew

1½ cups beef in one-inch cubes
½ cup parsnips, cubed
½ cup carrots, cubed
1 cup potatoes, cubed
½ cup celery, cut up

¼ cup onion, chopped fine
1 can LaChoy Bean Sprouts (drained well)
¼ cup butter or animal fat
1 tablespoon LaChoy Magic Touch

2 teaspoons LaChoy Soy Sauce
2 teaspoons LaChoy Brown Sauce
1½ cups water
(thicken with cornstarch, if desired)

METHOD: Melt butter and sear meat. Add ¾ cup water, cooking meat for twenty-five minutes. Add 1 cup water to vegetables (excepting bean sprouts) and cook twenty

minutes. Combine meat and vegetables, adding Bean Sprouts, Magic Touch, Soy Sauce, and Brown Sauce. Bring to boil. (Yield: Four large portions.)

Mandarin Salad

2 cups cold ham or veal, diced
1 can LaChoy Bean Sprouts (drained well)
½ cup sweet pickles, cut fine

¼ cup onions, cut fine
¾ cup mayonnaise
¼ cup French Dressing

1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon LaChoy Soy Sauce

METHOD: Pour French Dressing and LaChoy Soy Sauce over ham or veal. Let marinate, and chill for thirty minutes. Add

well-drained Bean Sprouts and other ingredients. Mix mayonnaise in lightly. Serve on crisp head lettuce.

Chinese Salad Bowl

1 can LaChoy Bean Sprouts
(drained well)
1 head lettuce, shredded
1 green pepper, cut in rings
 $\frac{1}{2}$ cup radishes, cut in slices
1 teaspoon LaChoy Soy Sauce

1 cucumber, sliced
 $\frac{1}{2}$ cup green onions, cut fine
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
Garlic
1 cup French Dressing

METHOD: Rub salad bowl with cut garlic. Add shredded lettuce and alternate with layers of other vegetables. Pour French

Dressing, to which salt, pepper and Soy Sauce have been added, over top of vegetables. Garnish with the green pepper rings.

Singapore Slaw

(Yield: 6 portions)

1 can LaChoy Bean Sprouts
(drained well)
3 red apples, unpeeled and diced

2 cups red cabbage, shredded fine
 $\frac{1}{2}$ teaspoon LaChoy Soy Sauce
1 cup seeded raisins
 $\frac{3}{4}$ cup mayonnaise
1 teaspoon salt

METHOD: Place all ingredients in large salad bowl. Add Soy Sauce to mayonnaise and add to

salad. Mix lightly. Chill and serve on lettuce leaves.

Golden Sun Salad

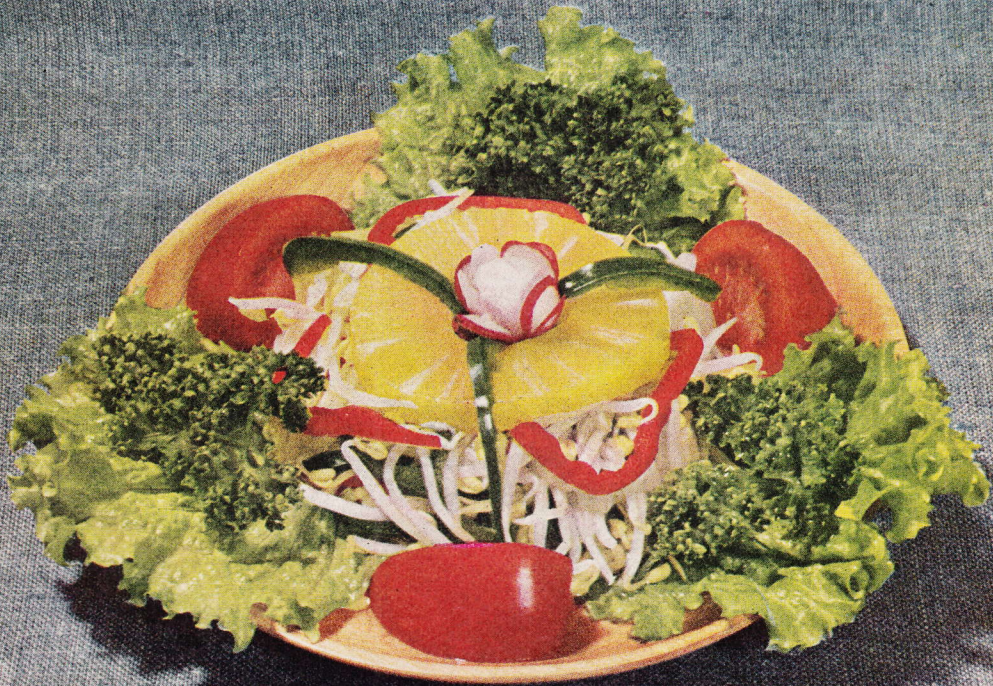
1 can LaChoy Bean Sprouts
(drained well)
1 can sliced pineapple

2 sweet peppers (red or green)
4 small tomatoes
Lettuce, parsley, radishes

METHOD: Mix LaChoy Bean Sprouts with thinly sliced strips of sweet pepper. Mold into a nest on a lettuce leaf. Crown with a

pineapple ring. Garnish with sliced tomatoes, parsley and radishes. Serve with French Dressing or mayonnaise. (Yield: 6 portions.)





Pagoda Chicken Salad

- 1 can LaChoy Bean Sprouts (drained well)
- 3 cups chicken, cooked and diced, or other cold meats
- 2 cups celery, cut fine
- 1 cup mayonnaise

- $\frac{1}{4}$ cup LaChoy French Dressing
- $\frac{1}{2}$ cup LaChoy Water Chestnuts, sliced thin
- $\frac{1}{2}$ cup green pepper, cut fine
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

METHOD: Place all ingredients in large salad bowl. Pour French Dressing over ingredients. Mix lightly. Let chill for fifteen

minutes. Mix in mayonnaise. Garnish with lettuce and thin slices of stuffed olives and Water Chestnuts. (Yield: 8 portions.)

Tuna Fish Salad

- 1 can LaChoy Bean Sprouts (drained well)
- 1 7 oz. can tuna fish (scaled, cooled and broken in small pieces)
- 1 teaspoon LaChoy Soy Sauce
- $\frac{1}{2}$ cup onion, cut fine

- 1 teaspoon salt
- $\frac{3}{4}$ cup mayonnaise
- 1 cup celery, cut fine
- $\frac{1}{2}$ cup green pepper, cut fine
- $\frac{1}{2}$ teaspoon pepper

METHOD: Mix all ingredients lightly together and serve on crisp leaves of lettuce.

Garnish with mayonnaise and sprinkle with paprika.

Lotus Blossom Salad

- 1 envelope Knox's Sparkling Gelatine
- $\frac{1}{4}$ cup cold water
- 2 $\frac{1}{4}$ cups tomato juice
- 1 bay leaf
- $\frac{1}{2}$ teaspoon salt
- 1 sliced onion
- 1 stalk celery, cut fine

- 2 tablespoons vinegar or lemon juice
- Dash of Cayenne pepper
- 1 teaspoon LaChoy Soy Sauce
- 1 teaspoon sugar
- 6 LaChoy Water Chestnuts (sliced)
- A few celery leaves

METHOD: Add bay leaf, onion, celery and leaves to tomato juice. Boil for five minutes. Soak gelatine in cold water. Add to hot tomato juice. Stir until dissolved. Strain and add LaChoy Soy Sauce, salt, pepper and

vinegar. Mix. Pour small amount in mold. Chill. When set, add slices of Water Chestnuts. Fill mold to top. Keep in refrigerator until ready to use. Unmold on watercress or lettuce. Serve with mayonnaise.

Chinatown War Mein

(Yield: 6 portions)

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|--|-------------------------|
| 1/3 cup butter or shortening | 2 teaspoons salt |
| 1/2 lb. lean pork | 1/8 teaspoon pepper |
| 1/2 lb. lean veal (cut in thin strips) | 2 cups celery, cut fine |
| 1/2 cup onions, cut fine | |
| 1 cup hot water—or stock | |
| 1 cup LaChoy Bamboo Shoots (drained, slice thin) | |
| 1 cup LaChoy Water Chestnuts (drained, slice thin) | |
| 1 can LaChoy Bean Sprouts (drained well) | |

FLAVORING AND THICKENING:

- | | |
|-------------------------------|------------------------|
| 3 tablespoons cold water | 2 teaspoons LaChoy Soy |
| 3 tablespoons cornstarch | Sauce |
| 1 teaspoon LaChoy Brown Sauce | 2 teaspoons sugar |

METHOD: Heat fat in large skillet, add meat and sear quickly, without browning. Add onions, stir and cook for two minutes. Add salt, pepper, celery and hot water. Cover and cook for five minutes at a quick boil, stirring once. Add well-drained Bamboo Shoots, Water Chestnuts and Bean Sprouts. Mix thoroughly and let come to boil. Add thickening and flavoring mixture. Stir lightly and cook two or three minutes. Serve over hot, boiled egg noodles or Vermicelli noodles. Garnish with slices of hard cooked eggs and thin strips of green onions.



Noodles for War Mein

- | | |
|---------------------------------------|------------------------|
| 10 oz. Egg or fine Vermicelli Noodles | 4 quarts boiling water |
| | 2 teaspoons salt |

Boil Noodles or Vermicelli in salted water for ten minutes, drain, and divide into six serving plates. Place War Mein over noodles, garnish and serve at once.

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La Choy

BUSINESS PHILOSOPHY

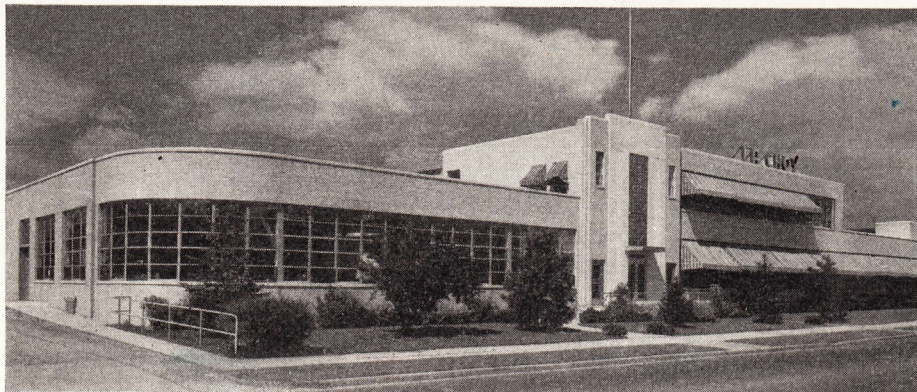
The Goodwill of our customers and consumers of our products is the most valuable asset of our business. Permanence of our enterprise depends on continuously supplying merchandise of high quality at fair prices to repeatedly satisfy the purchasers.

The prices at which LaChoy products are available to you are based on the market prices on raw materials, fair rates of wages and hours of work for men and women employed by LaChoy, a reasonable profit for wholesale and retail merchants, and a nominal profit for stockholders.

Our policy is intended to extend and improve the American standard of living for not only our own employees but also the men and women employed by our sources of raw

material, and the distributors of our products. We endeavor to maintain an equitable level of prices and wages, instead of lowering quality, reducing wages, or increasing hours of work to compete in price with merchandise produced under objectionable labor conditions. We challenge any firm making products equaling LaChoy's quality and maintaining LaChoy's schedule of rates of wages and hours of work, to profitably sell their merchandise at prices lower than quoted on identical LaChoy items.

We believe the American plan for social and industrial justice depends on maintaining for self-reliant men and women an equality of advantages and opportunities for obtaining a deserved share of the income from productive enterprises.



The modern LaChoy factory is equipped with the most advanced mechanical facilities. Carefully selected products are tested and approved in our laboratory kitchen and packed under sanitary conditions on automatic equipment in the United States by American men and women. The plant is operated under the supervision of Municipal, State or Federal inspectors to safeguard a high standard of quality and assure the utmost satisfaction to consumers of LaChoy products.

LACHOY FOOD PRODUCTS, INC., DETROIT, MICHIGAN, U.S.A.



THE ART AND SECRETS OF

Chinese

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