



10 BEST CHINESE FOOD RECIPES

FROM

La Choy's[®]

NATIONAL RECIPE CONTEST

Selected from over 10,000 recipes entered in our recent contest, these 10 prize-winners will open a whole new world of eating and cooking pleasure for you.

We hope you will enjoy these dishes (which range from main courses to desserts) by themselves, or on the menu of authentic Chinese feasts you'll want to fix for your family and friends.

La Choy's Far East Chicken Salad

Yield: 4 to 5 servings

2 cups diced, cold cooked chicken
1½ cups cold, cooked rice
½ cup well-drained crushed pineapple
2 tablespoons La Choy Soy Sauce
1 5-oz. can La Choy Water Chestnuts,
drained and sliced

½ teaspoon salt
¾ teaspoon curry powder
¾ cup mayonnaise
¾ cup well-drained La Choy Fancy
Bean Sprouts

¼ cup finely cut green pepper
1 cup finely cut celery
Crisp lettuce
2 hard cooked eggs, sliced
Paprika

Combine first seven ingredients gently but thoroughly. Chill for 2 hours or longer. Add remaining ingredients *except* lettuce,

hard cooked eggs and paprika. Mix well. Serve on crisp lettuce, garnish with sliced hard cooked eggs and paprika.

La Choy's Red Apple Salad

Yield: 4 to 5 servings

DRESSING

¼ teaspoon ground ginger
1 3-oz. package cream cheese
¼ cup mayonnaise

½ cup light cream
(or evaporated milk)
1 tablespoon honey

1 tablespoon sugar
2 tablespoons lemon juice
½ teaspoon salt

Blend together all ingredients and chill until required.

SALAD

1 5-oz. can La Choy Water Chestnuts,
drained
1½ cups prepared red skin apples
(see below)

1 cup prepared green celery
(see below)
1 cup flake coconut

1 6-oz. can La Choy Fancy Chow Mein
Noodles
Crisp lettuce
2 tablespoons finely cut candied ginger

Drain Water Chestnuts; cut in cubes or dices. Slice unpeeled red skin apples in one-quarter inch slices, then cut crosswise and measure for 1½ cupfuls. Slice celery crosswise in ¼ inch slices for "crescents" and measure 1 cupful. Combine Water Chest-

nuts, apples, celery and coconut and mix carefully with dressing. Chill. Just before serving fold in Noodles. Serve on crisp lettuce and garnish with candied ginger.

Chicken La Choy Casserole

Yield: 6 to 8 servings

3 cups cold, cooked chicken cut into
bite size pieces
2 teaspoons lemon juice
1 tablespoon La Choy Soy Sauce
¼ cup finely cut green onions
1 cup finely cut celery

1 5-oz. can La Choy Water Chestnuts,
drained and sliced thin
1 1-lb. can La Choy Fancy Bean
Sprouts, well-drained
½ teaspoon salt
⅛ teaspoon pepper

1 cup thick mayonnaise
¼ cup chopped, toasted blanched
almonds
1 6-oz. can La Choy Fancy Chow Mein
Noodles

Sprinkle chicken with lemon juice and Soy Sauce; cover; chill 2 hours or longer. Add all remaining ingredients *except* almonds and Noodles; mix well; turn into greased 1½-qt. casserole.

Sprinkle almonds on top. Bake in a 450 degrees F. (hot) oven for about 15 minutes. Serve with La Choy Chow Mein Noodles.

Joy Choy Pie

Yield: 1 9-inch pie

1 cup La Choy Fancy Chow Mein
Noodles
3 egg whites
¼ teaspoon cream of tartar
1 cup sugar

1 teaspoon vanilla extract
½ teaspoon lemon extract
1 cup chopped pecan meats

1 cup whipping cream, chilled
2 tablespoons powdered sugar
1 teaspoon vanilla extract
1 10-oz. package frozen, sliced
strawberries

Crush Noodles very fine to make ½ cup. Beat together egg whites and cream of tartar until whites are stiff; add sugar, 1 tablespoonful at a time; beat well after each addition; add vanilla and lemon extracts; beat until stiff peaks form; fold in crushed Noodles and chopped nuts. Spoon and arrange meringue in buttered 9-inch pie plate, spreading around sides and on

bottom to leave center "hollow" for filling. Bake in a 325 degrees F. (slow) oven 30-35 minutes. Remove from heat; let cool completely. Fill center with partially thawed frozen strawberries. Top with sweetened whipped cream made with chilled whipping cream, powdered sugar and vanilla. If desired, garnish with coarsely crushed Noodles sprinkled on top.

La Choy Crab Mornay

Yield: 4 to 5 servings

3 tablespoons butter
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
1½ cups milk

½ cup grated Swiss Cheese
½ cup light cream
2 1-lb. cans La Choy Fancy Bean
Sprouts, drained and chopped

2 6½-oz. can crabmeat, drained
and cut in chunks
1 5-oz. can La Choy Water Chestnuts,
drained and sliced
½ cup La Choy Fancy Chow Mein
Noodles

Melt 2 tablespoons butter in heavy skillet. Stir in flour, salt and pepper until quite smooth and free from lumps; remove from heat; add cold milk all at once; stir to blend until smooth. Return pan to heat, and let mixture cook over low heat stirring constantly; let cook until thick and smooth. Add cheese and cream and stir over heat until thick and smooth. Meanwhile,

drain and chop Bean Sprouts and arrange in bottom of greased 2-qt. casserole. Add prepared crab meat and Water Chestnuts to cheese sauce; mix well; pour on top of Bean Sprouts in casserole. Sprinkle surface with Noodles, and dot with remaining 1 tablespoon butter. Bake in a 375 degrees F. (moderate) oven for 15 minutes.

La Choy's Chinese Slaw

Yield: about 5 servings

DRESSING

¼ cup finely chopped green onion
¼ cup finely diced green pepper
¼ cup grated cucumber (skin on)

1 teaspoon salt
⅛ teaspoon pepper
1 cup commercially soured cream

½ cup mayonnaise
1 tablespoon wine vinegar
1 tablespoon sugar

Combine first five ingredients, mix well, and let strain through fine strainer for about 15 minutes. Mix drained pulp with remaining ingredients; blend well; chill while preparing other ingredients.

CHEESE ALMOND GARNISHES

1 tablespoon butter

½ cup sliced, blanched almonds
2 tablespoons grated Parmesan cheese

Paprika

Melt butter in small, heavy skillet. Add almonds and stir over medium heat until almonds are a very light golden brown color. Spread hot nuts on paper toweling; sprinkle and mix with

Parmesan cheese and very lightly with paprika. Set aside to use as garnish.

SALAD

1 1-lb. can La Choy Fancy Bean Sprouts
(well drained)

1 5-oz. can La Choy Water Chestnuts,
drained and sliced

3 cups finely shredded crisp cabbage
1 cup sliced green celery (1-inch slices)

Combine all ingredients. Chill. Just before serving, moisten and mix with dressing. Serve on crisp lettuce. Sprinkle cheese

almonds on top for garnish. Season to taste.

La Choy's Special Shortbread Fingers

Yield: 2 to 3 dozen

1 cup La Choy Fancy Chow Mein Noodles
1 cup butter

½ cup sugar
1 teaspoon vanilla extract

¼ teaspoon salt
2 cups sifted all purpose flour

Crush Noodles to make ½ cup. Cream together butter, sugar and vanilla until very soft and creamy. Sift together salt and flour; add gradually to butter mixture and blend well. Add Noodles and mix well. Chill two hours or longer. Pinch off small pieces of dough and roll between palms of hands to shape like

fingers, or roll lightly on floured board to shape. Place on baking sheet. Bake in a 350 degrees F. (moderate) oven for approximately 10 minutes or until a light golden brown color. Transfer to cake racks to cool. When cold you may dust with powdered sugar or eat plain.

Braised Chicken La Choy

Yield: about 4 servings

1 3½ to 4 lb. frying chicken cut in pieces
2 tablespoons cooking oil
¼ cup La Choy Soy Sauce
1 tablespoon brown sugar
⅙ teaspoon ground ginger

1 teaspoon monosodium glutamate
1 teaspoon salt
½ teaspoon black pepper
1 5-oz. can La Choy Bamboo Shoots sliced, and liquid

1 5-oz. can La Choy Water Chestnuts sliced, and liquid
1 4-oz. can mushroom pieces and stems and liquid
3 green onions cut into 1-inch pieces
3 cups hot, cooked rice

Wipe chicken pieces with a damp cloth. Heat oil in heavy skillet or chicken fryer, add chicken pieces and saute gently, turning chicken pieces frequently; cook until a golden brown color. Add all remaining ingredients *except* the green onions and cooked

rice. Cover pan tight, turn heat low and let simmer gently for 35 minutes. Add green onions and let cook gently, covered, for another 5 minutes. Serve on or with hot, cooked rice.

La Choy's Chicken Scramble

Yield: 4 to 5 servings

½ cup butter
¼ cup finely cut onion
¾ cup chopped green pepper
3 eggs
1 cup diced, cooked chicken

1 1-lb. can La Choy Fancy Bean Sprouts, drained
1 4-oz. can mushroom stems and pieces, drained
1 5-oz. can La Choy Bamboo Shoots, drained
1 5-oz. can La Choy Water Chestnuts drained and sliced thin

2 tablespoons La Choy Soy Sauce
½ teaspoon salt
⅙ teaspoon pepper
2 cups hot, cooked rice
¼ cup diced pimiento

Melt butter in large, heavy skillet; add onion and green pepper and cook over low heat, stirring frequently, until onion and pepper just become tender. Stir eggs with fork (do not beat), until well mixed, then pour into skillet. Stir gently over low heat just until eggs begin to thicken. Add all remaining

ingredients *except* rice and pimiento; let cook over low heat for about 20 minutes, stirring occasionally. Add hot, cooked rice and pimiento and stir to mix over low heat and just long enough to heat together. Serve with additional La Choy Soy Sauce on the side.

La Choy's Scallop Supper

Yield: 4 to 5 servings

1 5-oz. can La Choy Water Chestnuts

1 1-lb. can La Choy Fancy Mixed Chinese Vegetables

$\frac{1}{3}$ cup butter

$\frac{1}{3}$ cup sliced, blanched almonds

1 12-oz. box frozen scallops, thawed and cut in quarters

2 tablespoons finely chopped onion

1 cup finely cut celery

1 medium green pepper cleaned, cut in thin strips

Boiling water

$\frac{1}{4}$ cup La Choy Soy Sauce

$\frac{1}{16}$ teaspoon ground ginger

3 tablespoons cornstarch

$\frac{1}{2}$ cup cold water

1 6-oz. can La Choy Fancy Chow Mein Noodles

Or, 4 cups hot, cooked rice

4 Chicken bouillon cubes

Drain Water Chestnuts and Chinese Vegetables, saving liquids; slice Water Chestnuts thin and set aside with Chinese Vegetables. Melt butter in large, heavy skillet; add almonds; saute until nuts are light, golden brown color; stir frequently; lift nuts out and set aside. Add scallops to fat in pan; cook gently 10 to 12 minutes; stir frequently; remove scallops from fat and set aside. Add onion, celery and green pepper to fat in skillet; cook gently until celery is just tender. Add Water Chestnuts, Chinese Vegetables and scallops; mix well; set off

heat while preparing other ingredients. Combine drained liquid from Water Chestnuts and Chinese Vegetables with boiling water to make 2 cups; heat with Soy Sauce, ginger and chicken bouillon cubes until cubes are dissolved and mixture boiling. Mix cornstarch and cold water to a smooth paste; add to boiling liquid; cook until thick, smooth and transparent, stirring constantly. Add to vegetables and scallop mixture; stir over medium heat until blended and hot. Serve on either Noodles or hot rice.



In the LaChoy Chinese Foods section of your food store, you'll find all the thrifty, exotic fixings for the 10 prize-winning dishes and for your own favorite Chinese creations as well!



La Choy

America's Favorite Chinese Foods