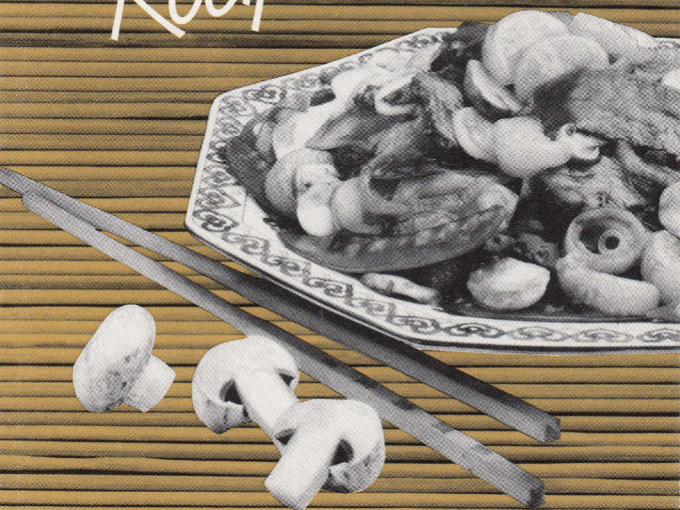


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CHOY[®]

The
La Choy
Collection of
Favorite
Oriental
Recipes



Beatrice

LA CHOY®

The best foods of the Far East have become favorites in the American kitchen. Chow meins, Oriental style vegetables and sweet and sour dishes are popular fare in millions of homes. And, soy sauce appears as a condiment on tables everywhere. Many recipes call for water chestnuts as an ingredient. Chow mein noodles are topping

more casseroles, salads and soups than ever before. And egg rolls have become a favorite appetizer and snack.

The uses of these and other Oriental items in American cuisine offer many interesting and delicious variations to meal preparation. This "La Choy Collection" of favorite recipes will help you create "something special" meals with La Choy canned and frozen Chinese foods.



Main Dishes

Sweet 'N Sour Pork

- 1/3 cup flour
- 1/3 cup corn starch
- 1/3 cup cold water
- 1 egg
- 1/4 teasp. salt
- 1 1/2 lbs. pork, cut into 1/2-inch cubes
- Wesson Oil
- 2 cloves garlic, minced
- 2 green peppers, cut into cubes
- 1 onion, cut into cubes
- 2 carrots, pared and cut into small julienne strips
- 2 (10-oz.) jars La Choy Sweet and Sour Sauce
- 4 teasp. rice vinegar
- 1 teasp. La Choy Soy Sauce

In large bowl blend together flour, corn starch, water, egg and salt with wire whisk. Mix in pork cubes and let stand 10 minutes. Deep fat fry pork pieces until golden brown, about 2 minutes. Remove from oil and keep warm. In large pan saute garlic in 2-3 Tablespoons oil (about 1 minute). Add green pepper, onion and carrots and cook until just tender. Add sweet and sour sauce, vinegar and soy sauce; bring to boil. Add reserved pork; toss to coat and cook 2-3 minutes. Serve immediately. Makes 6 to 8 servings.

Beef 'N Broccoli

- 3 Tablesp. La Choy Soy Sauce
- 1 Tablesp. corn starch
- 1 lb. lean top sirloin steak, sliced across the grain in 2-inch sections
- 1/2 cup Wesson Oil
- 1 Tablesp. minced fresh ginger root
- 1 Tablesp. minced garlic
- 4 cups broccoli flowerettes, approximately 2-inches long
- 3 Tablesp. oyster sauce
- 1 Tablesp. dry white sherry
- 1/8 teasp. crushed red pepper
- 1/8 teasp. sesame oil
- 1 (8-oz.) can La Choy Sliced Water Chestnuts, drained

In large bowl mix together soy sauce and corn starch. Add meat and toss to coat. Let meat marinate 30 minutes. In a large dutch oven brown meat quickly in 1/4 cup oil until it just loses color. Remove from pan, set aside and discard extra oil. Add remaining 1/4 cup oil to pan and saute ginger and garlic over medium high heat. Add broccoli to pan (stirring constantly) and cook until just tender. Blend in oyster sauce, sherry, red pepper and sesame oil and cook 1-2 minutes longer. Add water chestnuts and reserved meat; mix so that everything is blended. Serve immediately. Makes 6 to 8 servings.



Pork Chops Oriental

Pork Chops Oriental

- 8 pork loin chops
- 2 Tablesp. Wesson Oil
- 2 (14.5-oz.) cans chicken broth
- 2 Tablesp. sesame oil
- 1 (6-oz.) pkg. La Choy Frozen Chinese Pea Pods, thawed
- 3 green onions, cut into $\frac{1}{2}$ -inch pieces
- 1 (8-oz.) can La Choy Sliced Water Chestnuts, drained
- 2 stalks celery, cut into $\frac{1}{4}$ -inch diagonals
- 1 cup sliced fresh mushrooms
- 1 red pepper, cut into $\frac{1}{2}$ -inch squares
- 2 cloves garlic, minced
- 2 Tablesp. corn starch
- 2 Tablesp. La Choy Soy Sauce
- 1 Tablesp. cooking sherry
- 1 Tablesp. toasted sesame seeds

In large skillet over medium heat, brown pork well in oil. Add 2 cups chicken broth to skillet, cover and simmer 45 minutes or until pork is tender. Remove chops from pan and keep warm. Pour pan drippings into a large measuring cup; add enough remaining chicken broth to total 2 cups liquid; set aside. Over medium heat, saute vegetables and garlic in sesame oil for 3 to 5 minutes. Meanwhile, combine corn starch and soy sauce; mix well. Add soy mixture, reserved liquid, sherry and sesame seeds to the vegetables. Cook over low heat, stirring constantly until sauce thickens, about 5 minutes. Place pork on serving platter, spoon vegetables and sauce over meat. Makes 8 servings.

Beef and Vegetables with Peppered Soy Sauce

Sauce:

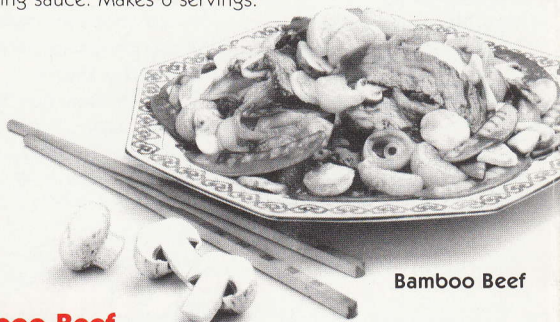
- 1 cup water
- ½ cup dry sherry
- ⅓ cup La Choy Soy Sauce
- 1 Tablesp. corn starch
- 2 teasp. sugar
- ⅛ teasp. red pepper flakes
- 1 clove garlic, minced

Beef and Vegetables:

- 1 lb. boneless beef sirloin
- 1 Tablesp. La Choy Soy Sauce

- 1 Tablesp. corn starch
- 3 Tablesp. Wesson Oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cucumber, halved lengthwise, peeled, seeded and sliced
- 1 (8-oz.) can La Choy Sliced Water Chestnuts, drained
- 1 cup sliced radishes
- 1 cup sliced green onions
- Hot cooked white rice

In small saucepan blend together water, sherry, soy sauce, corn starch, sugar, red pepper and garlic. Bring to a boil, stirring constantly; remove from heat and set aside. Cut beef across grain into 2-inch strips. In medium bowl combine beef, soy sauce and corn starch; toss to coat and set aside. In large skillet or wok heat 2 Tablespoons oil over medium-high heat. Add onion and garlic; cook 1 to 2 minutes. Add cucumber, water chestnuts and radishes; continue cooking until vegetables are crisp tender. Remove vegetables; set aside. Heat remaining oil in skillet. Add meat and stir-fry until no longer pink. Stir in vegetables, green onions and ½ cup sauce. Cook, stirring frequently, until mixture thickens, about 1 to 2 minutes. Serve over rice with remaining sauce. Makes 6 servings.



Bamboo Beef

Bamboo Beef

- 1 lb. round steak, 1 to 1½ inches thick
- 1 small onion, sliced
- 2 Tablesp. Wesson Oil
- ½ cup beef broth
- 8 oz. fresh (or canned) mushrooms, sliced
- 1 Tablesp. corn starch
- ¼ cup La Choy Soy Sauce
- 1 Tablesp. cold water

- 1 (8-oz.) can La Choy Bamboo Shoots, drained
- 1 (8-oz.) can La Choy Sliced Water Chestnuts
- ½ cup green onions, chopped
- 1 (11-oz.) can mandarin oranges, drained, or 1 (16-oz.) can sliced peaches, drained
- 2 (5-oz.) cans La Choy Chow Mein Noodles

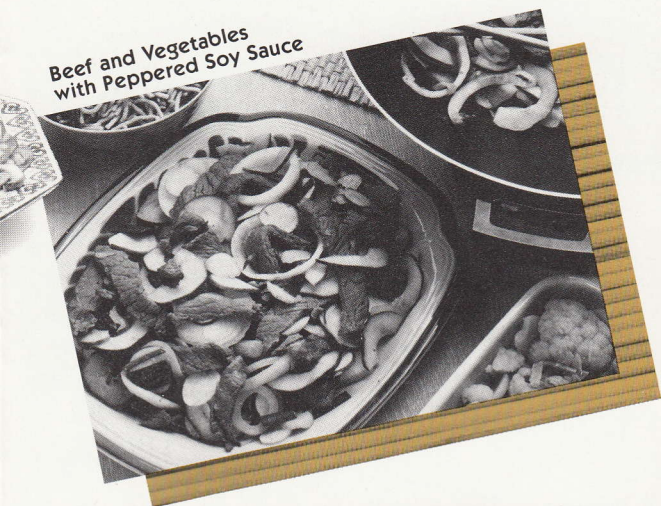
Place wrapped meat into freezer for 1 hour. Remove and slice in thin strips. In wok or skillet cook beef and onion in oil until meat browns, about 5 minutes. Add beef broth and mushrooms, cooking 5 minutes more. Combine corn starch, soy sauce and water. Stir into meat mixture. Cook, stirring constantly, until thickened. Stir in vegetables and fruit. Heat until hot. Serve immediately with chow mein noodles. Makes 4 to 6 servings.

Chinese Chicken with Water Chestnuts

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| 1 lb. boneless chicken breasts, skin removed | ¼ cup Wesson Oil |
| 3 Tablesp. corn starch | 1 (6-oz.) pkg. La Choy Frozen Chinese Pea Pods, thawed |
| 1 Tablesp. slightly beaten egg white | 1 teasp. minced fresh ginger root |
| ½ teasp. salt | 2 cloves garlic, minced |
| 1½ cups chicken broth | 3 small tomatoes, quartered |
| 2½ Tablesp. La Choy Soy Sauce | 2 (5-oz.) cans La Choy Chow Mein Noodles |
| 1 Tablesp. sugar | |

Cut chicken into bite-size pieces. In medium bowl combine chicken, 1 tablespoon corn starch, egg white and salt; toss to coat. Refrigerate 15 minutes. Meanwhile, in small bowl combine chicken broth, soy sauce, 2 tablespoons corn starch and sugar; mix well and set aside. Heat 2 tablespoons oil in large skillet over medium-high heat. Add chicken and stir-fry until no longer pink; remove and set aside. Saute in skillet ginger and garlic in remaining oil 1 minute. Add pea pods and stir-fry until crisp tender. Add chicken and corn starch mixture back to skillet. Cook, stirring constantly, until mixture thickens. Serve over noodles. Makes 4 to 6 servings.

Beef and Vegetables with Peppered Soy Sauce



Sauces

Soy Sauce Supreme

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|-------------------------|--------------------------------|
| ½ cup La Choy Soy Sauce | ¼ teasp. hot pepper sauce |
| ½ cup water | 1 clove garlic, crushed |
| 2 Tablesp. lemon juice | ¼ teasp. freshly ground pepper |
| 1 Tablesp. brown sugar | |
| 2 Tablesp. salad oil | |

Combine ingredients. Use to marinate beef, pork or chicken before grilling. Makes ¼ cups.

Sweet and Sour Barbeque

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| 1 (10-oz.) jar La Choy Sweet and Sour Sauce | 2 small onions, chopped fine |
| 2 Tablesp. dry white wine | 1 clove garlic, minced |
| 1 Tablesp. white vinegar | 1 Tablesp. brown sugar |
| 2 Tablesp. Wesson Oil | ½ teaspoon dry mustard |
| 2 Tablesp. La Choy Soy Sauce | |
| 1 Tablesp. lemon juice | |

Combine all ingredients in small saucepan; bring to boil. Reduce heat and simmer 15 minutes. Use to brush steaks, poultry, lamb, pork, ribs, or fish during grilling.

Honey of a Sauce

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| 1 small onion, minced | ½ cup tomato sauce |
| 2 Tablesp. butter | 2 Tablesp. honey |
| ¼ teasp. pepper | 3 Tablesp. La Choy Soy Sauce |
| ⅛ teasp. oregano | |

Cook onion in butter until tender, about 5 minutes. Add remaining ingredients; simmer 5 minutes. Brush on grilled chicken or meats during last 10 minutes of cooking. Warm leftover sauce for use at serving time.

Poultry Marinade

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| ½ cup La Choy Soy Sauce | 1 teasp. brown sugar |
| ½ cup pineapple juice | 2 teasp. ground ginger |
| ¼ cup butter or margarine | 1 teasp. garlic salt |
| 1 teasp. dry mustard (or 4 teasp. prepared mustard) | ¼ teasp. freshly ground pepper |

Chicken and turkey pieces combine naturally with this sweet-sour marinade which doubles as a baste while grilling.

Combine marinade ingredients in a small saucepan; simmer 5 minutes. Cool. Marinate chicken or turkey pieces for one hour, stirring occasionally. Grill or broil for twenty minutes or until done, basting with reserved marinade. Makes 1¼ cups.

Terrific Teriyaki

- | | |
|------------------------------|---|
| ¾ cup La Choy Teriyaki Sauce | ¾ teasp. dry mustard (or 1 Tablesp. prepared mustard) |
| 3 Tablesp. lemon juice | 1 clove garlic, crushed |
| | ¾ cup catsup |

Combine ingredients in small saucepan. Cover; simmer for 10 minutes. Especially good with pork and as a basting sauce for chicken and beef.

Desserts

No-Bake Walnut Balls

1 (6-oz.) pkg. semi-sweet chocolate chips

1 (6 oz.) pkg. butterscotch chips

$\frac{3}{4}$ cup sifted confectioners' sugar

$\frac{1}{2}$ cup sour cream

1 tablesp. grated orange rind

$\frac{1}{4}$ tablesp. salt

$1\frac{3}{4}$ cups crushed La Choy Chow Mein Noodles

Coarsely-crushed La Choy Chow Mein Noodles or chopped walnuts

Melt chocolate and butterscotch chips together over hot water; remove from heat. Stir in remaining ingredients except coarsely-crushed noodles or walnuts. Chill 20 minutes. Shape into 1-inch balls; roll in noodles or walnuts. Store in tightly covered container in refrigerator. Makes about $3\frac{1}{2}$ dozen.

Noodle Raisin Cookies

1 cup (2 sticks) butter

1 cup granulated sugar

1 cup packed light brown sugar

2 eggs

1 tablesp. vanilla

$2\frac{1}{2}$ cups sifted all-purpose flour

1 tablesp. each: baking powder, baking soda

1 cup crisp rice cereal

1 (5-oz.) can La Choy Chow Mein Noodles

$\frac{1}{2}$ cup seedless raisins

$\frac{1}{2}$ cup chopped walnuts

Granulated sugar

Beat butter and sugars until creamy and fluffy. Beat in eggs, one at a time. Add vanilla and sifted dry ingredients. Stir in cereal, noodles, raisins and walnuts. Chill thoroughly. Shape into 1-inch balls. Roll in sugar. Place on greased cookie sheet about 2 inches apart. Bake at 350° for 12 to 15 minutes. Cool on wire rack. Makes $5\frac{1}{2}$ dozen.

Nutty-Noodly Clusters

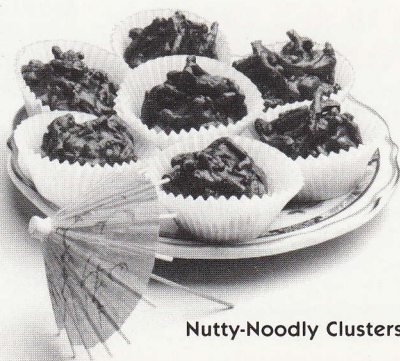
1 (12-oz.) pkg. chocolate chips

1 (12-oz.) pkg. butterscotch chips

2 (5-oz.) cans La Choy Chow Mein Noodles

$\frac{1}{2}$ cup peanuts or cashews

Melt chocolate and butterscotch chips in a heavy saucepan over low heat, stirring constantly. Remove from heat and quickly stir in noodles and nuts to coat evenly. Drop by teaspoonfuls onto waxed paper. Refrigerate. Makes 24.



Nutty-Noodly Clusters

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Salads

Cold Sweet 'N Sour Noodle Salad

- 2 pkgs. La Choy Oriental Ramen Noodles, broken into quarters
- 1/2 cup La Choy Plum Sauce
- 1/4 cup white vinegar
- 2 Tablesp. Wesson Oil
- 3 radishes, thinly sliced
- 3 green onions, cut into strips
- 1 carrot, pared and cut into julienne strips
- 2/3 cup walnuts, coarsely chopped

In 2-quart saucepan bring 4 cups water to a boil; add Ramen noodles, reserving seasoning packets. Boil 3 minutes. Drain in a colander and run cold water over noodles until well rinsed and cool; set aside. Combine noodle seasoning packets, plum sauce, vinegar and oil in small bowl; mix well. Place noodles in a serving bowl. Pour plum sauce mixture over all and toss well. Add vegetables and walnuts and toss again gently. Chill before serving. Makes 6 servings.

Molded Chinese Chicken Salad

- 2 (8-oz.) cans La Choy Whole Water Chestnuts, drained
- 2 (5-oz.) cans white chicken chunks
- 1 (8-oz.) pkg. cream cheese, softened
- 1/2 cup sour cream
- 1 teasp. La Choy Soy Sauce
- 1/2 teasp. ground red pepper
- 1/4 teasp. sesame oil
- 2 pkg. unflavored gelatin
- 2 Tablesp. cold water
- 1/3 cup boiling water
- 1 cup Fisher Salted Cashew Nuts, chopped
- 5 green onions, chopped
- Shredded lettuce

In a blender or food processor place water chestnuts, chicken, cream cheese, sour cream, soy sauce, red pepper and oil. Cover and blend on medium speed until smooth, stopping 2 to 3 times to scrape sides. In a small bowl sprinkle gelatin over cold water. Let stand for 1 minute. Add boiling water and stir until dissolved. Add to chicken mixture. Cover and blend until thoroughly combined. Stir in cashews and green onions. Pour into a well-oiled 4-cup mold. Cover and chill for 2 to 4 hours or until set. Unmold salad onto a large serving plate; garnish with lettuce. Serve salad in wedges with shredded lettuce. Makes 8 servings.



Appetizers/ Soups

Hot San Francisco-Style Crab Triangles

- 1 (8-oz.) pkg. cream cheese, softened
- 3 green onions, finely chopped
- ¼ cup mayonnaise
- 1 (2.5-oz.) pkg. slivered almonds, toasted
- 1 Tablesp. La Choy Chinese Hot Mustard
- 12 slices sourdough bread, crusts trimmed, toasted
- 1 Tablesp. La Choy Soy Sauce
- 1 (6-oz.) can crabmeat
- 1 (6-oz.) pkg. La Choy Frozen Chinese Pea Pods, thawed and drained

In a medium mixing bowl, blend together cream cheese, mayonnaise, mustard and soy sauce. Add crabmeat and mix well. Stir in pea pods, onions and almonds. Cut toast into medium triangle shapes. Spread 2 to 3 tablespoons crab mixture on each toast slice. Place on a cookie sheet and broil 3 to 4 minutes or until golden brown and bubbly. Makes approximately 24 appetizers.

Oriental Vegetable Soup

- 6 cups chicken broth
- 1 can (14-oz.) La Choy Fancy Mixed Chinese Vegetables
- 2 Tablespoons each: corn starch, cold water
- 2 green onions, chopped
- 1 Tablesp. La Choy Soy Sauce
- 1 pkg. (6-oz.) La Choy Frozen Chinese Pea Pods, thawed
- ½ teasp. sugar

In a large saucepan, heat chicken broth to boiling. Combine corn starch with water to make smooth paste. Stir in soy sauce and sugar. Slowly stir into broth. Bring to boil and simmer until clear, stirring constantly. Remove from heat. Add vegetables and green onions. Heat through. Garnish with pea pods. Serve immediately. Makes 4 servings.

Oriental Vegetable Soup



Side Dishes

Skillet Stir-Fry Spring Garden Vegetables

- 3 cloves garlic, minced
- 2 Tablesp. Wesson Oil
- 3 green onions, sliced
- 3 ribs celery, sliced
- 10 mushrooms, sliced
- 1 (14-oz.) can La Choy Bean Sprouts, drained and rinsed
- 1 red pepper, cut into 1/2-inch squares
- 1 (6-oz.) pkg. La Choy Frozen Chinese Pea Pods, thawed and drained
- 1/2 cup coarsely-chopped cashews
- 1/3 cup chicken broth
- 2 Tablesp. La Choy Soy Sauce
- 2 teasp. corn starch
- 1/2 teasp. garlic powder

In large skillet cook garlic in oil over medium heat until lightly brown. Add green onions and celery and cook until tender. Add next 5 ingredients and cook 1 to 2 minutes longer. Meanwhile, in a small bowl combine remaining ingredients. Pour over vegetables, stirring constantly until a thick sauce has developed. Makes 6 servings.

Water Chestnut Fruited Rice

- 1 large onion, chopped
- 1/4 cup butter
- 4 cups cooked rice
- 2 cups halved green grapes
- 2 (8-oz.) cans La Choy Sliced Water Chestnuts, drained
- 1/2 cup chopped dried apricots
- 1/2 cup chopped pecans
- 1/4 cup chopped parsley
- 1/4 cup dry sherry
- 1/4 cup La Choy Soy Sauce
- 2 teasp. salt

In large dutch oven, saute onion in butter until tender. Add remaining ingredients; mix well. Transfer mixture to 13 x 9 x 2-inch baking dish. Bake at 350°F 30 minutes. Makes 8 to 10 servings.

Quick Mandarin Vegetable Marinade

- 2 cloves garlic, minced
- 2 Tablesp. Wesson Oil
- 1/4 cup La Choy Soy Sauce
- 1/4 cup white vinegar
- 3 Tablesp. sesame oil
- 2 Tablesp. brown sugar
- Dash hot pepper sauce
- 1 (6-oz.) pkg. La Choy Frozen Chinese Pea Pods, thawed
- 2 medium cucumbers, peeled, cut into 1-inch slices and quartered
- 1 stalk celery, cut into 1/4-inch diagonals
- 1 carrot, cut into 1/4-inch diagonals

In large skillet cook garlic in oil over medium heat until lightly brown. Add soy sauce, vinegar, sesame oil, brown sugar and hot pepper sauce; mix well. Let cool.

One hour before serving, combine vegetables in large serving bowl. Pour dressing over and toss thoroughly. Cover and refrigerate until ready to serve. Makes 6 servings.

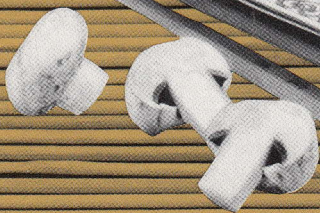


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