



THE ART AND

SECRETS OF

CHINESE COOKERY

Enjoy Real Chinatown Feasts . . . Ready Almost Before You Can Say "La Choy"!

Homemakers with a weather-eye on the budget and the clock—plus a fine regard for flavor—are relying on Chinese dishes to add spark and distinction to their menu planning. And nobody offers a wider variety of delicious, authentic Chinese foods and fixings than *La Choy*!

You'll find the Chinese menu suggestions in this booklet most helpful—and the various uses for La Choy products equally inspiring.

Try the unusual recipes for soups, salads, main courses, appetizers and other Far East dishes. And for Chinese feasts ready in a matter of minutes, remember these treats: La Choy Chop Suey Vegetables with Chicken, Beef or Mushrooms (available in the large 2-lb. 2-oz. economy size) and heat-and-eat La Choy Chinese Dinners.

For best results with all the recipes in this booklet, naturally you'll use high-quality La Choy products. You'll discover that the vegetables are crisper, more tender—the meat and poultry finer flavored and more tempting (and lots more of it, too!). All La Choy chop suey products contain monosodium glutamate which is a wheat protein derivative. Sometimes called "chicken powder" or "Chinese seasoning", monosodium glutamate was once exclusive to the Chinese cuisine but is now gaining rapid popularity with American homemakers. Many of the recipes in this booklet call for monosodium glutamate. It's one of the "secrets"!

Here's good reading—and good *eating*—from the most respected name in Chinese foods . . . La Choy!

The best Chinese foods on your grocer's shelves—or your money back!

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La Choy Food Products . . . Archbold, Ohio

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Menu Ideas



- Cream of Mushroom Soup
- *Tuna Mornay Garden Salad Bowl with French Dressing
- Plums
- Tea
- *Chicken Egg Drop Soup
- *American Chop Suey
- Rice
- Peaches
- Vanilla Ice Cream
- Chinese Almond Cookies
- Tea
- *Won Ton Soup
- *Bridge Party Chop Suey or Chow Mein
- Rice or La Choy Fancy
- Chow Mein Noodles
- Sweet Pickles
- *Joy Choy Pie
- Tea
- *Chinese Egg Rolls with Mustard Sauce
- *Lobster and Chicken Cantonese
- Green Beans
- Orange Sherbet
- Tea
- Beef Consomme
- *Shrimp Fried Rice
- *Sweet and Sour Pork
- *Chinese Garden Salad
- Pears
- Tea
- *Chinese Soup
- *Cantonese Fried Chicken
- Rice
- *Chinese Stuffed Tomatoes
- Baked Grapefruit
- Cookies
- Tea
- *Egg Foo Yong
- *Chinese Brown Gravy
- Buttered Green Lima Beans
- Assorted Relishes
- Fresh Fruit Cup
- Tea
- Chicken Noodle Soup
- *Chinese Pork Sub Gum
- Buttered Cabbage
- *Mandarin Salad
- *Chow Candy Clusters
- Tea

*Asterisk indicates recipes included in booklet.

Chicken Egg Drop Soup

Yield: 4 Servings

- 4 cups chicken broth
- ½ cup diced celery
- 1 tablespoon diced onion
- 1 egg
- ¼ teaspoon monosodium glutamate desirable

Place chicken broth in covered sauce pot. Add celery and onion to chicken broth. Cover; let mixture simmer for 10 minutes. Beat 1 egg slightly. Bring soup to boil and pour in beaten egg. Stir constantly about two minutes until egg separates into shreds. Serve immediately.

Chinese Soup

Yield: 4 Servings

- ¼ pound lean round steak
- 1½ teaspoons salt
- dash pepper
- ¼ teaspoon monosodium glutamate desirable
- 2 green onions, finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons butter
- 3 tablespoons La Choy Soy Sauce
- ¼ teaspoon paprika
- 1 can (1 lb.) La Choy Fancy Bean Sprouts, drained
- 4 cups chicken or beef broth

Cut meat into thin strips. Melt butter in sauce pot. Add meat, onions and garlic; cook for 5 minutes. Add seasonings and broth; simmer for about 30 minutes, or until meat is tender. Add Bean Sprouts. Serve hot.



NEW! Large Two-pound Two-ounce Economy Size La Choy Chop Suey Vegetables with Mushrooms. Enough for up to six good servings. A savory combination of crisp yet tender bean sprouts, celery, onions, peppers and lots of top-quality Chinatown mushrooms in seasoned stock. Serve in minutes. Just thicken stock according to directions, add mushrooms and vegetables and heat. For variety, prepare with meat or seafood.

Won Ton Soup

Yield: 4 Servings

- 1½ cups sifted flour
- 1 teaspoon salt
- ¼ teaspoon monosodium glutamate desirable
- 1 egg
- 2 tablespoons water
- ½ lb. raw or cooked pork, beef or shrimp

Place flour and salt in a mixing bowl. Stir together with one slightly beaten egg. Add water. Knead on floured board until smooth. Cover and let stand 15 minutes. Roll as thin as paper and cut into 3 inch squares. Chop meat very fine and place in a bowl. Add salt, pepper and finely chopped onions. Place 1 teaspoon of mixture in center of each 3 inch square. Fold squares in half diagonally

- ½ teaspoon salt
- dash pepper
- 2 teaspoons onions
- 4 cups chicken bouillon
- ½ cup diced celery
- 1 cup spinach, tightly packed

and press edges together with fork. Cook in a quart of boiling salted water for 15 minutes. Place chicken bouillon in separate sauce pot and bring to boil. Add celery and cook over moderate heat for 5 minutes. Clean and remove stems from spinach and add to mixture. Cook one minute. Pour over won ton squares in soup bowls. Serve immediately.

La Choy Fancy Chow Mein Noodles, made from a blend of flours cooked in vegetable shortening until golden brown, are crisp, with a nut-like flavor. They are essential when serving genuine Chow Mein, and delightful eaten like potato chips or nuts, or substituted for toast in creamed dishes. Additional recipes on page 26. *Now La Choy Fancy Chow Mein Noodles come in two sizes—Regular or Large Economy Size!*



American Chop Suey or Chow Mein

Cooking time: 15 minutes

Yield: 4-6 Servings

- ¼ cup butter
- 2 cups cooked pork, beef, veal or chicken, cut in chunks
- 1 medium onion, chopped
- 2 cups diced celery
- 1 teaspoon salt
- ¼ teaspoon monosodium glutamate desirable

- dash pepper
- 1½ cups hot water
- 1 can (1 lb.) La Choy Fancy Bean Sprouts, drained
- or
- 1 can (1 lb.) La Choy Fancy Mixed Chinese Vegetables, drained

- THICKENING AND FLAVORING:**
- 2 tablespoons cold water
 - 2 tablespoons cornstarch
 - 1 tablespoon La Choy Soy Sauce
 - 1 teaspoon sugar
 - or
 - 1 tablespoon La Choy Brown Gravy Sauce if dark Chop Suey is desired

Melt butter in skillet. Add onion and cook for 3 minutes. Add celery, salt, pepper and hot water. Cover and cook for 5 minutes. Add Bean Sprouts or Mixed Chinese Vegetables and meat. Mix thoroughly and cook 5 minutes. Combine thickening and flavoring ingredients; add to meat mixture. Stir lightly

and cook for 1 minute. Serve hot with cooked rice for Chop Suey or with La Choy Fancy Chow Mein Noodles for Chow Mein. Flavor individual servings with La Choy Soy Sauce to desired taste. Garnish with sliced green onions or sliced hard-cooked egg.

Hamburger, Tuna, Shrimp or Mushrooms Can Also Be Used for Tasty Chop Suey or Chow Mein



La Choy Fancy Mixed Chinese Vegetables is comprised of bean sprouts, water chestnuts, bamboo shoots, mushrooms and sweet red peppers. The wholesome and appetizing ingredients are proportioned and sliced correctly for making extra fancy or Sub Gum Chop Suey or Chow Mein. This item is excellent for salads or when added to creamed leftover beef or chicken and in stews.



Chinese Garden Salad

Yield: 6 Servings

- ½ cup vinegar
- ¼ cup water
- ¼ cup sugar
- 4 teaspoons salt
- 1½ teaspoons monosodium glutamate
- ¼ teaspoon minced garlic

- ¼ teaspoon black pepper
- 2 tablespoons diced red pepper
- 2 tablespoons finely diced onion
- 2 cans (1 lb. each) La Choy Fancy Bean Sprouts, drained
- ¼ cup vegetable oil

Heat water and vinegar in sauce pan. Stir in sugar, salt, monosodium glutamate and garlic. Pour seasoned mixture over Bean Sprouts,

peppers and onions. Stir; let cool. Add vegetable oil, toss lightly and serve. Chill for best results.



La Choy Fancy Bean Sprouts (dow ngaah) are produced in our plant from a Chinese Mung Bean that is grown in America. The vegetable is primarily used in making fine cut Chop Suey or Chow Mein, by combining with celery, onions and meat according to instructions on the label. La Choy Fancy Bean Sprouts also are used in vegetable salads and meat stews. Additional uses on page 28.

Chinese Stuffed Tomatoes

Yield: 6 Servings

- 6 tomatoes
- 2 cups drained Chinese Garden Salad*
- 1 cup diced, cooked chicken
- ¼ cup pineapple
- ¼ cup mayonnaise
- 1 tablespoon vinegar liquid drained from Chinese Garden Salad

Peel firm, ripe tomatoes and scoop out centers. Sprinkle inside with salt, and invert to drain thoroughly. Combine Chinese Garden Salad, chicken and pineapple. Blend vinegar liquid into mayonnaise and stir into mixture. Fill tomato cavities and serve on crisp salad greens.

*Recipe found on page 10

Mandarin Salad

Yield: 4 Servings

- ¼ cup French dressing
- 1 teaspoon La Choy Soy Sauce
- 2 cups diced cooked ham or veal
- 1 can (1 lb.) La Choy Fancy Bean Sprouts, drained
- ¼ cup chopped onion
- ½ cup chopped sweet pickle
- 1 teaspoon salt
- dash pepper
- ¼ teaspoon monosodium glutamate desirable
- ¾ cup mayonnaise

Combine French dressing and Soy Sauce. Marinate meat in mixture for 30 minutes. Chill. Add remaining ingredients; mix lightly. Serve on crisp salad greens.

La Choy Chicken Chow Mein Dinner is comprised of a packet of Soy Sauce and one can each of Chicken Chop Suey and Chow Mein Noodles. This ready-to-heat-and-eat food is a delicacy of finest quality that will enable you to rival the cookery magic of famous restaurant chefs. Everything is in the package that is needed to serve a delicious meal for four.



Bridge Party Chop Suey or Chow Mein

Cooking time: 25 Minutes

Yield: 12 Servings

- ½ cup butter
- 5 cups lean pork or chicken, cooked and cut into thin strips
- 2 cups chopped onion
- 6 cups diced celery
- 1 tablespoon salt

- ¼ teaspoon monosodium glutamate desirable
- ½ teaspoon pepper
- 3½ cups hot water or chicken broth
- 3 cans (1 lb. each) La Choy Fancy Mixed Chinese Vegetables, drained

THICKENING AND FLAVORING:

- ¼ cup cold water
- ¼ cup cornstarch
- 4 teaspoons La Choy Soy Sauce
- 2 teaspoons sugar
- or
- 2 tablespoons La Choy Brown Gravy Sauce if dark Chop Suey is desired

Melt butter in skillet. Add meat and onion; cook for 5 minutes. Add celery, salt, pepper and hot water or broth. Cover and cook for 10 minutes. Add Mixed Chinese Vegetables. Mix thoroughly and heat to boiling point. Combine thickening and flavoring ingredients; add to meat mixture. Stir lightly and

cook 2 minutes. Serve hot with cooked rice for Chop Suey or with La Choy Fancy Chow Mein Noodles for Chow Mein. Flavor individual servings with La Choy Soy Sauce to desired taste. Garnish with sliced green onions and sliced hard-cooked eggs.

Hamburger, Tuna, Shrimp or Mushrooms Can Also Be Used for Tasty Chop Suey or Chow Mein



NEW! Large Two-pound Two-ounce Economy Size La Choy Chop Suey Vegetables with Beef! A real family-size can of lean tender beef, bean sprouts, celery, beef broth, onions, mushrooms, peppers and spices. Ready to serve in 5 minutes. Just thicken the seasoned stock according to label directions. Then add the savory beef and vegetables, heat and it's ready for the table. Serves four large or six medium portions.



Chinese Egg Rolls

Yield: 20 egg rolls

2 cups sifted flour
2 tablespoons cornstarch
1 teaspoon salt
1 egg, beaten

1 teaspoon sugar
2 cups water
Peanut Oil

FILLING:
1 lb. ground beef
 $\frac{1}{4}$ cup butter
4 cups finely shredded cabbage,
partially cooked
 $\frac{1}{2}$ cup finely chopped green onion
 $1\frac{1}{2}$ cups finely diced celery
1 can (1 lb.) La Choy Fancy Bean
Sprouts, drained
 $\frac{1}{4}$ cup La Choy Soy Sauce
1 teaspoon salt
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon monosodium glutamate
desirable

Brown beef lightly in butter. Add vegetables and seasonings and cook about 5 minutes. Drain and cool. Prepare Egg Roll batter:

To the sifted dry ingredients add egg and sugar. Gradually beat in water until a smooth thin batter is formed. Grease a 6-inch skillet lightly with oil. Pour about 4 tablespoons of batter into center of pan. Tilt pan to spread batter over entire surface. Cook over low heat until edges pull away from sides; gently turn pancake with fingers and cook other side. Remove from pan and cool. Place a heaping tablespoon of filling in center of each pancake. Spread to within $\frac{1}{2}$ inch of edge. Roll, folding in sides and seal with a mixture of 1 tablespoon flour and 2 tablespoons water. Fry egg rolls in deep hot fat (360°) until golden brown.

Chinese Egg Rolls should be served hot as an appetizer or side dish with mustard sauce which can be prepared simply by mixing dry mustard powder with hot water to the desired strength.



NEW! Large Two-pound Two-ounce Economy Size La Choy Chop Suey Vegetables with Chicken is a full family-size can. Thrifty, yet so delicious, this delicately flavored oriental dish is a blend of tender chicken, bean sprouts, celery, chicken broth, onions, mushrooms and peppers with flavor and seasoning. All you do is thicken the savory juices according to directions. Then add chicken and vegetables. Heat and serve with rice or with La Choy Fancy Chow Mein Noodles.

Shrimp Fried Rice

Cooking time: 15 minutes

Yield: 6 Servings

- ¼ cup butter
- 2 cups cooked shrimp, halved
- 2 teaspoons salt
- ½ teaspoon pepper
- ¼ teaspoon monosodium glutamate desirable
- 2 eggs, beaten
- 5 cups cooked rice

- 3 tablespoons La Choy Soy Sauce
- 3 green onions, chopped
- ¼ cup sliced canned mushrooms
- ¼ cup diced green pepper
- ¼ cup sliced La Choy Fancy Water Chestnuts
- 1 cup La Choy Fancy Bean Sprouts, drained

Melt butter in skillet; add shrimp and seasonings. Cook until lightly browned, stirring frequently. Add eggs, stirring until well mixed with other ingredients. Add rice and cook

until a golden color. Stir in remaining ingredients; cook until thoroughly heated. Serve at once.

Almonds, Cooked Diced Pork or Crisp Fried Bacon Are All Delicious When Used in Place of Shrimp

NEW! La Choy Shrimp Chop Suey or Chow Mein with Chinese Vegetables makes kitchen-fresh chop suey or chow mein easy to serve. Just thicken stock to taste, add shrimp and vegetables and heat. Makes kitchen-fresh chop suey in only five minutes. Loaded with tender, bite-size shrimp, it is ideal for "meatless days" or whenever a tasty menu change is desired.



Lobster and Chicken Cantonese

Yield: 6 Servings

- 1 can (6½ ozs.) lobster meat, drained
- 1 chicken breast, cooked and sliced
- 2 eggs, hard-cooked and chopped
- ¼ cup butter
- 1 clove garlic, finely minced, (optional)
- 1 can (5 ozs.) La Choy Fancy Water Chestnuts, drained and sliced

- 1 can (5 ozs.) La Choy Fancy Bamboo Shoots, drained
- ¼ pound sliced fresh mushrooms
- 1 package (10 ozs.) frozen peas, slightly thawed
- 3 cups chicken broth

- 1½ teaspoons salt
- ¼ cup cold water
- ¼ cup cornstarch
- 1 tablespoon La Choy Soy Sauce
- 1 teaspoon La Choy Brown Gravy Sauce
- 1 can (3 ozs.) La Choy Fancy Chow Mein Noodles

Cook garlic in butter for 1 minute. Add Water Chestnuts, Bamboo Shoots, mushrooms and peas. Cook for 3 minutes. Add broth and salt; cook for 1 minute. Combine water, cornstarch, Soy Sauce and Brown

Gravy Sauce; add to vegetable mixture. Cook over moderate heat until thickened, stirring constantly. Fold in lobster and chicken. Heat until hot. Serve over Chow Mein Noodles. Garnish with chopped eggs.



La Choy Fancy Bamboo Shoots (jook sün) are imported from those sections of Formosa in which climate and soil are most favorable. They are among the most important foods employed in Chinese cookery. Originally used in preparing fancy Chop Suey, Chow Mein and Chinese dishes, they are now often combined with seafood, meat and vegetables in making salads and different entrees.



Sweet and Sour Pork

Yield: 8 Servings

1½ lbs. pork, cubed
2 cups water
¼ cup La Choy Soy Sauce

2 tablespoons sugar
2 medium tomatoes, cut in wedges
1 green pepper, diced

½ cup chopped green onions
¾ cup pineapple cubes
¼ cup butter

Simmer pork in water, Soy Sauce and sugar for 45 minutes; drain. Remove seeds and juice from tomatoes; combine vegetables and pineapple. Cook in butter for a few minutes,

keeping vegetables crisp. Dip pork in batter and fry in deep hot fat (360°) until golden brown. Arrange pork on platter; mix with vegetables. Pour sweet and sour sauce over all.

DIPPING BATTER:

1 egg, beaten
¾ cup milk
1 cup sifted flour
2 teaspoons baking powder
½ teaspoon salt
¼ teaspoon monosodium glutamate desirable

Combine egg and milk. Add sifted dry ingredients; beat until smooth.

SWEET AND SOUR SAUCE:

½ cup vinegar
½ cup water
¼ cup brown sugar
¼ cup granulated sugar
¼ cup cornstarch
½ cup pineapple juice

Bring vinegar, water and sugars to a boil. Combine cornstarch and pineapple juice; add to hot mixture and cook until thickened. Pour over pork and vegetables.



La Choy Meatless Chinese Dinner is comprised of a packet of Soy Sauce and one can each of Meatless Chop Suey and Chow Mein Noodles. This ready-to-heat-and-eat food is ideal for lunches, dinners and suppers, and for use also on fast days and during the lenten season. Alert women keep several packages on hand for impromptu parties and unexpected guests.

Chinese Pork Sub Gum

Yield: 6 Servings

- 1 pound lean pork, cubed
- ¼ cup butter
- ½ cup chopped green onion
- 1 green pepper, cut in thin strips
- ½ pound sliced mushrooms
- 1 can (1 lb.) La Choy Chop Suey Vegetables, drained
- 1 can (5 ozs.) La Choy Fancy Bamboo Shoots, sliced

- 1 can (5 ozs.) La Choy Fancy Water Chestnuts, sliced
- 1½ cups chicken stock
- 2 tablespoons cornstarch
- 1 tablespoon La Choy Soy Sauce
- salt and pepper
- 1 can (3 ozs.) La Choy Fancy Chow Mein Noodles
- ¼ teaspoon monosodium glutamate desirable

In a large skillet brown pork in butter; cover and cook 15 minutes. Remove pork from skillet. Add onion, green pepper and mushrooms; cook until tender, about 3 minutes. Add Chop Suey Vegetables, Water Chestnuts, Bamboo Shoots, chicken stock and

pork. Combine cornstarch and Soy Sauce; stir until smooth. Add to meat mixture. Season to taste. Bring to a boil; reduce heat and simmer 10-15 minutes, stirring occasionally. Serve over La Choy Fancy Chow Mein Noodles.

La Choy Chop Suey Vegetables are comprised of bean sprouts, celery, onions, mushrooms, sweet red peppers with flavoring and seasoning. Simply prepare according to directions on the label for delicious Chop Suey or Chow Mein at home in five minutes. Serve with Noodles for Chow Mein or steamed rice for Chop Suey. Season individual dishes to taste with La Choy Soy Sauce.



Egg Foo Yong

Cooking time: 20 Minutes

Yield: 6 Servings

6 eggs, well beaten
1 can (1 lb.) La Choy Fancy Bean Sprouts,
well drained
1 cup chopped veal, pork, beef, chicken, turkey,
tuna, shrimp, lobster or crab meat

1 small onion, chopped
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon monosodium glutamate desirable
 $\frac{1}{8}$ teaspoon pepper

Combine eggs, Bean Sprouts, meat or sea food, onion, salt and pepper. Mix together lightly. Melt 1 teaspoon butter in a 6-inch skillet; pour $\frac{1}{2}$ cup of mixture into skillet. Cook until set and brown

on edges, turn and brown other side. Place on hot plate and keep covered until all are cooked. Serve with cooked rice, each serving covered with 3 tablespoons Chinese Brown Gravy:

Chinese Brown Gravy

Cooking time: 5 Minutes

Yield: 2 Cups

6 tablespoons drippings from roast beef, ham
or chicken
6 tablespoons flour
2 tablespoons La Choy Soy Sauce

1 teaspoon La Choy Brown Gravy Sauce
1 teaspoon salt
dash pepper
 $\frac{1}{2}$ cup cold water
 $1\frac{1}{2}$ cups hot water

Melt fat; blend in flour, add sauces, seasonings and cold water. Mix thoroughly. Stir in hot water. Cook until smooth and thickened, stirring con-

stantly. Serve with Egg Foo Yong, cooked or fried rice, potatoes, egg noodles, chops, roast beef, pork or veal.

Tuna Mornay

Yield: 6 Servings

- 3 tablespoons butter
- ¼ cup flour
- ½ teaspoon salt
- ¼ teaspoon monosodium glutamate desirable
- 1½ cups milk

- ½ cup grated Swiss cheese
- ½ cup evaporated milk
- 2 cans (7 ozs. each) tuna, drained and flaked
- 1 can (1 lb.) La Choy Fancy Bean Sprouts, drained
- 1 can (3 ozs.) La Choy Fancy Chow Mein Noodles

Melt butter. Blend in flour and salt. Stir in milk. Cook, stirring constantly, until slightly thickened. Stir in cheese, evaporated milk and tuna. Cook over low heat until thick and smooth. Stir in Bean

Sprouts and all but ½ cup Chow Mein Noodles. Pour into a buttered 1½-quart casserole. Sprinkle with the ½ cup of Chow Mein Noodles. Bake at 375° for 15 to 20 minutes.

Scrambled Eggs Orientale

Yield: 4-6 Servings

- 2 tablespoons butter
- 2 tablespoons chopped green onions
- 1 can (1 lb.) La Choy Fancy Bean Sprouts, drained
- 1 can (5 ozs.) La Choy Fancy Water Chestnuts, drained and sliced

- 6 eggs
- 1 teaspoon salt
- ¼ teaspoon monosodium glutamate desirable
- ⅛ teaspoon pepper
- 2 teaspoons La Choy Soy Sauce

Cook onion in butter until tender. Add Bean Sprouts and Water Chestnuts, mixing lightly. Combine eggs, salt, pepper and Soy Sauce; beat

slightly. Pour over Bean Sprouts and Water Chestnuts. Cook over low heat, stirring occasionally, until eggs are set.

La Choy Meatless Chop Suey or Chow Mein is a ready-to-heat-and-eat food, and is comprised of bean sprouts, celery, water chestnuts, mushrooms, sweet red peppers, onions with flavoring and seasoning. It is delicious just as it comes from the can, but you may add any kind of leftover meat or seafood. It should be served piping hot with Soy Sauce, steamed rice or Chow Mein Noodles. Also available in two other varieties, BEEF and CHICKEN.



Chinese Meatballs in Mushroom Sauce

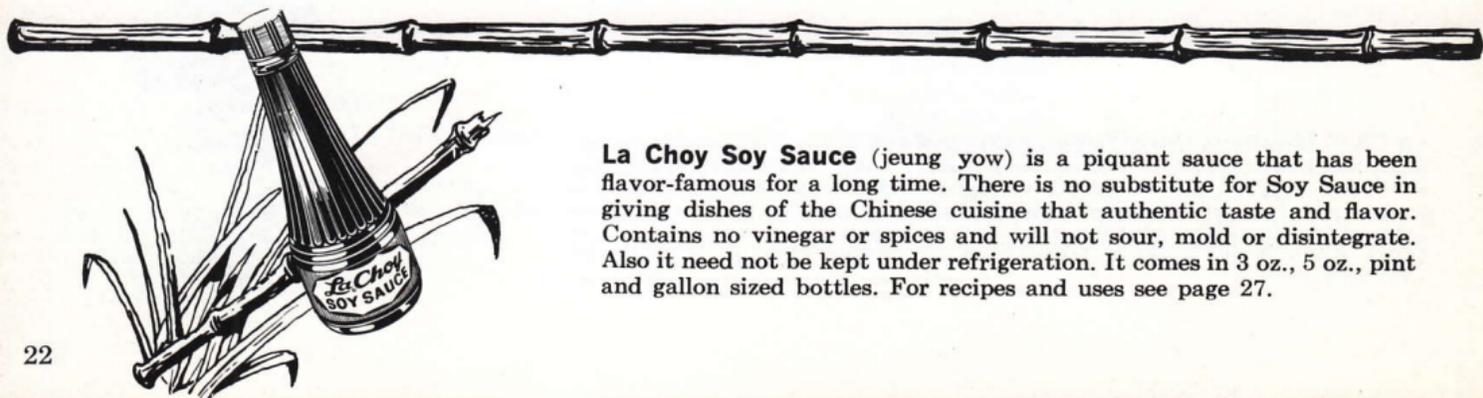
Yield: 5 Servings

- 1 pound ground beef
- ¼ teaspoon pepper
- 1 tablespoon La Choy Soy Sauce
- 2 teaspoons La Choy Brown Gravy Sauce
- ¾ cup La Choy Fancy Chow Mein Noodles
- 1 egg, beaten
- ¼ teaspoon monosodium glutamate desirable

- 2 tablespoons butter
- 1 small onion, chopped
- 1 can (10½ ozs.) cream of mushroom soup
- 2 tablespoons flour
- ¼ teaspoon salt
- 1 cup milk
- 1 teaspoon La Choy Soy Sauce

Mix lightly together beef, pepper, 1 tablespoon Soy Sauce, Brown Gravy Sauce, Chow Mein Noodles and egg. Shape into 10 balls; brown in butter. Remove balls from fry pan. Cook onion in drippings for 5 minutes. Blend

in mushroom soup, flour and salt. Gradually stir in milk and Soy Sauce. Cook over moderate heat until thickened, stirring constantly. Arrange meatballs in sauce. Cover; simmer for 20 minutes.



La Choy Soy Sauce (jeung yow) is a piquant sauce that has been flavor-famous for a long time. There is no substitute for Soy Sauce in giving dishes of the Chinese cuisine that authentic taste and flavor. Contains no vinegar or spices and will not sour, mold or disintegrate. Also it need not be kept under refrigeration. It comes in 3 oz., 5 oz., pint and gallon sized bottles. For recipes and uses see page 27.

Cantonese Fried Chicken

Yield: 4-6 Servings

1 2½-3½ lb. fryer, cut up
3 tablespoons La Choy Brown
Gravy Sauce
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar

¼ teaspoon monosodium glutamate
desirable
3 tablespoons butter
3 tablespoons shortening
6 La Choy Fancy Water Chestnuts,
sliced
1½ cups sliced fresh mushrooms

1 cup chicken broth
1 tablespoon La Choy Soy Sauce
½ teaspoon salt
½ teaspoon sugar
1 tablespoon cornstarch
1 tablespoon water
Green onions

Place chicken in enough boiling water to cover. Add Brown Gravy Sauce, salt, pepper and sugar. Cook slowly for 15 minutes. Drain and pat dry. Brown chicken in hot fat until a golden brown. Cover and cook slowly for 20 minutes. Remove and place on a platter. Pour off all but 3 tablespoons fat; add Water

Chestnuts, mushrooms, broth, Soy Sauce, salt and sugar. Cover and simmer for about 5 minutes. Combine cornstarch and water; pour into vegetable mixture. Cook until thickened. Pour sauce over chicken and serve garnished with green onions.

La Choy Fancy Water Chestnuts (maah tuy) are grown in and directly imported from Formosa. 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 they are crisp rather than mealy after cooking. A "must" in Chop Suey and Chow Mein.



Chow Candy Clusters

2 packages (6 ozs. each) chocolate chips
2 packages (6 ozs. each) butterscotch chips

In a heavy saucepan combine chocolate chips and butterscotch chips. Melt, stirring constantly, over low heat. Remove from heat and stir in Chow Mein Noodles. Add $\frac{1}{2}$ cup cashews or peanuts, if desired. Mix quickly

2 cans (3 ozs. each) La Choy Fancy Chow Mein Noodles
 $\frac{1}{2}$ cup cashews or peanuts

to coat Chow Mein Noodles. Dip out teaspoonfuls on waxed paper; cool. For variations, use all chocolate chips, all butterscotch chips, or try lemon chips for an unusual taste treat.

Chow Mein Noodle Party Snacks

1 can (3 ozs.) La Choy Fancy Chow Mein Noodles
2 tablespoons melted butter
2 drops hot pepper sauce

$\frac{1}{4}$ teaspoon La Choy Soy Sauce
 $\frac{1}{4}$ teaspoon celery salt
 $\frac{1}{4}$ teaspoon onion powder

Put Chow Mein Noodles in shallow pan. Combine remaining ingredients; pour over Chow Mein Noodles, stirring gently with a fork. Heat in a 250° oven for 30 minutes,

stirring occasionally. Serve warm or cold. Can be stored in a tightly covered container for several days.



La Choy Beef Chow Mein Dinner is comprised of a packet of Soy Sauce and one can each of Beef Chop Suey and Chow Mein Noodles. Serve the ready-to-heat-and-eat Beef Chop Suey over the crisp, crunchy Chow Mein Noodles and season the individual dishes to taste with La Choy Soy Sauce. Serves two large or four medium portions. Keep a package on hand for unexpected guests.

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
- 1 package (10 ozs.) frozen, sliced strawberries

Crush Chow Mein 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° (slow) oven 30-35 minutes. Remove from heat; let cool completely. Fill center with partially thawed frozen strawberries. Top with sweetened whipped cream. If desired, garnish with coarsely crushed Chow Mein Noodles sprinkled on top.

La Choy Brown Gravy Sauce is a thick, full-bodied, bead molasses type product that serves many purposes in the kitchen. It consists mainly of parts of corn, sugar cane, soya beans, wheat and monosodium glutamate. It is essential for coloring and sweetening Chop Suey or Chow Mein and many other Chinese dishes. For other uses see page 26.



Serving Ideas for La Choy Fancy Chow Mein Noodles

- "EASTERN FRIED CHICKEN"—Dip oven-fried chicken in milk and roll over finely crushed Chow Mein Noodles.
- "SAMURAI SUNDAE"—Top ice cream with favorite topping, almonds and Chow Mein Noodles.
- "HONG KONG CASSEROLE TOPPING"—Sprinkle Chow Mein Noodles over favorite casserole dish for crunchy, crusty topping.
- "NOODLE SALAD"—Mix Chow Mein Noodles with favorite tossed green salad.

Chow Mein Noodles can also be used as croutons in soup and in place of toast under creamed dishes. Also excellent when eaten out of hand as snacks.

Noodles 'N Eggs

- 1 can (3 ozs.) La Choy Fancy Chow Mein Noodles
- 3 hard cooked eggs, sliced
- 1 can (10½ ozs.) cream of mushroom soup
- ½ cup milk
- dash salt
- dash pepper
- ⅛ teaspoon monosodium glutamate

Spread a generous layer of crushed Chow Mein Noodles in a buttered 1½-quart casserole. Add a layer of sliced hard cooked eggs. Mix soup, milk, seasoning and pour over eggs. Sprinkle with more Chow Mein Noodles. Bake in hot oven about 30 minutes.

LA CHOY BROWN GRAVY SAUCE

La Choy Brown Gravy Sauce is rich in Soy Sauce and monosodium glutamate. It adds a wholesome, meaty color in addition to enhancing the flavor and nutrition of a basic gravy recipe. Chop Suey, roast pork, roast beef, baked beans, brown bread, spiced cookies, gingerbread, etc. all have a more appetizing appearance when prepared with Brown Gravy Sauce. The ancient Chinese used to call it "thick" Soy Sauce and along with Soy Sauce, it was one of their two basic condiments.

LA CHOY SOY SAUCE

La Choy Soy Sauce is truly a universal condiment. Soy Sauce for centuries has been used by the Chinese in preparation of food and was prepared by a slow fermentation process. Today, Soy Sauce is manufactured from soy beans through modern hydrolytic processes. Soy Sauce abounds with amino acids and purines which assure a product rich in protein derivatives, commonly found only in yeast or meat products. Essential to chop suey and chow mein, Soy Sauce has many other excellent uses and here are just a few.

Suggested Uses for La Choy Soy Sauce

- Use as a table condiment with ground beef, steaks, fish, chops and roasts. Really enhances flavor!
- Marinate meat in it. Accents, flavors and also tenderizes the less tender cuts of beef.
- Add to soups, stews, gravies, cheese and egg dishes.
- Marvelous for basting.
- Also use in sandwich fillings, appetizers and cheese dips. Lends a subtle zippy flavor.
- A necessary ingredient in a barbecue sauce recipe, like this one:

Barbecue Sauce La Choy

2 tablespoons butter
½ cup chopped onion
1 can (6 ozs.) tomato paste
1 tablespoon sugar
salt and pepper

1 teaspoon hot pepper sauce
2 tablespoons La Choy Soy Sauce
1 teaspoon Gebhardt chili powder
¼ cup lemon juice
½ cup water

Cook onion in butter until tender; add remaining ingredients and heat to boiling. Simmer 15 minutes. Use on beef, pork or poultry.

New and Different Uses for La Choy Chinese Foods

LA CHOY FANCY BEAN SPROUTS

- "SHANGHAI SALAD"—Add Bean Sprouts to tossed or gelatin salads.
- "EGGS LA CHOY"—Stir Bean Sprouts into partially cooked scrambled eggs.
- "VEGETABLES CANTONESE"—Mix Bean Sprouts with hot buttered green beans, peas, spinach or carrots.
- "CHINESE SOUPS"—Add Bean Sprouts to soups or stews.
- "FAR EASTERN CASSEROLE"—Mix Bean Sprouts into any baked or casserole dish.
- "FRIED SPROUTS"—Gently cook well drained Bean Sprouts in butter until hot. Add teaspoon of Soy Sauce and serve as a vegetable.

LA CHOY FANCY WATER CHESTNUTS

- Toss with a fresh green salad, a meat, poultry or fish salad. Imparts an appetizing texture contrast.
- Slice and add to creamed vegetable or main dishes—such as Chicken or Turkey a la King.
- Slice and cook briefly in a small amount of butter; pour on any hot, cooked vegetable.

CHINESE HORS D'OEUVRES

Simply wrap 1 water chestnut with a half slice of bacon, fasten with a toothpick, marinate in La Choy Soy Sauce, and broil until crisp. For a more exotic touch, sandwich a slice of chicken liver between two water chestnut halves before wrapping with bacon.



Proximate Analyses of La Choy Products

Food	Approximate Measure	Calories	Protein grams	Fat grams	Carbohydrate grams
Chicken Chop Suey.....	1 cup	109.0	8.1	3.2	12.1
Beef Chop Suey.....	1 cup	85.8	7.2	1.4	11.4
Meatless Chop Suey.....	1 cup	55.7	2.3	—0—	11.6
Chop Suey Vegetables and Mushrooms.....	1 cup	30.2	2.1	—0—	5.3
Chop Suey Vegetables and Chicken.....	1 cup	58.0	6.3	1.4	5.3
Chop Suey Vegetables and Beef.....	1 cup	64.9	7.9	1.6	4.4
Mixed Chinese Vegetables.....	1 cup	22.1	1.8	—0—	3.9
Bean Sprouts.....	1 cup	15.3	1.7	.1	1.9
Chow Mein Noodles.....	½ cup	128.9	2.8	6.6	14.4
Cooked Rice.....	½ cup	61.6	1.4	.2	13.6
Bamboo Shoots (Sliced).....	½ cup	6.1	.4	.05	1.0
Water Chestnuts (Sliced).....	½ cup	20.1	.4	.04	4.6
Soy Sauce.....	½ cup	101.7	17.2	.07	8.3
Brown Sauce.....	¼ cup	321.3	1.7	.03	78.5

Helpful Hints on Chinese Cookery

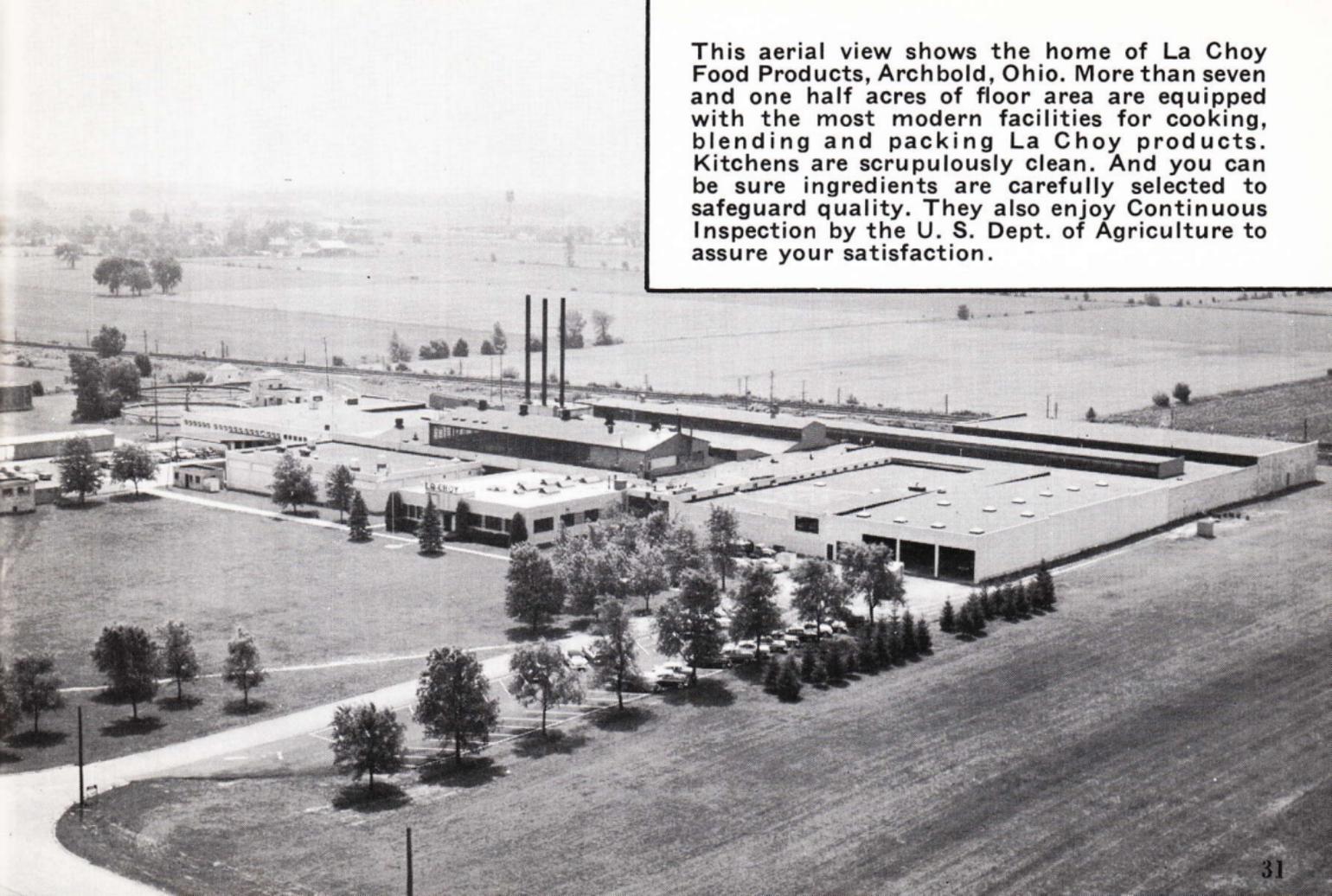
Chop suey and chow mein are the same mixture only chop suey is served over rice and chow mein is served over Chow Mein Noodles. Brown Gravy Sauce is usually added to chop suey as the darker chop suey will show up better against the white rice.

Stir-frying or "ch 'ao" is a popular Chinese method of food preparation and could be the true secret of the Chinese cuisine. It is cooking with a small amount of hot oil, stirring constantly. The cooking time is short which enables the vegetables and meats to retain their juices, texture and nutrients. No saturated (only small amounts of poly-unsaturated) oils are used in Chinese "stir-fry" cooking. Monosodium glutamate is the magical powder that Chinese cooks used years before American

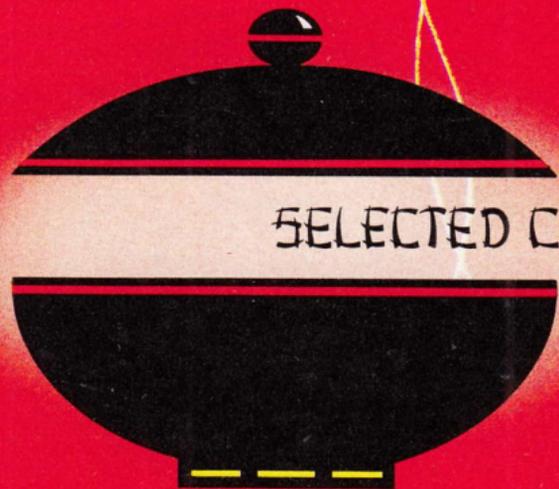
homemakers became acquainted with it. Both Soy Sauce and Brown Gravy Sauce are rich in monosodium glutamate. It is the natural monosodium glutamate found in these two sauces which helps them to emphasize natural food flavors in dishes. Also known as "Chicken Powder" or "Chinese Seasoning."

Vegetable oils with poly-unsaturated fats rather than animal fats are used in Chinese cooking which makes Chinese food excellent dietary fare. Low in fat grams, Chinese foods are recommended for a low cholesterol diet.

Fancy Mixed Chinese Vegetables, Fancy Bean Sprouts, Cooked Rice, Fancy Bamboo Shoots and Fancy Water Chestnuts all contain no sodium which makes them ideal for low-sodium diets.



This aerial view shows the home of La Choy Food Products, Archbold, Ohio. More than seven and one half acres of floor area are equipped with the most modern facilities for cooking, blending and packing La Choy products. Kitchens are scrupulously clean. And you can be sure ingredients are carefully selected to safeguard quality. They also enjoy Continuous Inspection by the U. S. Dept. of Agriculture to assure your satisfaction.



SELECTED CHINESE RECIPES

Compliments of La Choy