

THE ART
AND
SECRETS

of

Chinese

Cookery

恭賀新年



La Choy brings you delicious, different Chinatown meals—quickly and easily!

Here are many new ideas to help you add spark to your meal planning.

There are many interesting menu suggestions included that you'll want to use again and again.

You'll also find descriptions of all the fine-quality La Choy products and a variety of uses for each.

There are La Choy heat-and-eat Chinese Dinners with true home-cooked quality when you need a meal in minutes. Then, if you wish to make your own Chop Suey or Chow Mein there are recipes for these, too, plus lots of tempting Chinese salads, main courses, soups and appetizers.

Even the plainest dishes take on new appetite appeal and flavor when you serve taste-tempting La Choy Chinese Foods with them.

You'll create real Chinatown feasts for the whole family. For La Choy vegetables are always cooked at the peak of goodness, chicken and beef are plump, juicy, tender and always used in the same generous amounts you'd choose yourself. Just try La Choy and see.

● *Table of Contents . . .*

Almond Fried Rice.....	6	Different Uses for Water Chestnuts and Bean Sprouts.....	28
American Chop Suey or Chow Mein.....	8	Different Uses for Chow Mein Noodles.....	27
Barbecue Sauce.....	30	Egg Foo Yong.....	18
Bridge Party Chop Suey or Chow Mein.....	16	Hamburger Chop Suey or Chow Mein.....	19
Brown Gravy Sauce and Soy Sauce Uses.....	30	Lobster and Chicken Cantonese.....	21
Cantonese Fried Chicken.....	14	Mandarin Salad.....	25
Chinese Beef Pot Roast.....	11	Menu Suggestions.....	5
Chinese Brown Gravy.....	18	Oyster Chow Mein.....	26
Chinese Egg Rolls.....	7	Scrambled Egg Orientale.....	20
Chinese Pork Sub Gum.....	12	Shrimp Fried Rice.....	24
Chinese Soup.....	25	Sweet and Sour Pork.....	22
Chinese Tuna Rice Salad.....	23	Sweet Sour Sauce.....	22
Cooked Rice.....	6	Tuna Chop Suey or Chow Mein.....	10
De Luxe Mushroom Chop Suey or Chow Mein..	15		

La Choy Food Products . . . Archbold, Ohio

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menu Suggestions



- Cream of Corn Soup
- La Choy Beef Chow Mein
- La Choy Chow Mein Noodles
- Garden Salad Bowl with French Dressing
- Preserved Plums
- Tea
- Tomato Egg Drop Soup
- *American Chop Suey
- Rice
- Preserved Kumquats
- Vanilla Ice Cream
- Chinese Almond Cookies
- Tea
- Barbecued Spareribs
- *De Luxe Mushroom Chop Suey or Chow Mein
- Rice or
- La Choy Chow Mein Noodles
- Sweet Pickles
- Green Onions
- Fresh Pineapple
- Tea
- *Chinese Egg Rolls with Mustard Sauce
- *Chinese Beef Pot Roast
- *Chinese Brown Gravy
- Sesame Seed Cookies
- Tea
- Chicken Broth with Rice
- *Shrimp Fried Rice
- Chinese Vegetable Salad
- Preserved Fruit
- Tea
- Chinese Cabbage Soup
- *Cantonese Fried Chicken
- Rice
- Green Onions
- Stuffed Celery
- Pineapple Sundaes
- Cookies
- Tea
- Beef Vegetable Soup
- *Egg Foo Yong
- *Chinese Brown Gravy
- Rice
- Assorted Relishes
- Fresh Fruit Cup
- Tea
- Chicken Noodle Soup
- *Chinese Pork Sub Gum
- Buttered Chinese Celery
- Cabbage
- Mixed Vegetable Salad
- Cookies
- Tea

* Asterisk indicates recipes included in booklet.

Cooked Rice, Chinese Style

- 2 cups water in a 2-quart heavy saucepan
- 1 teaspoon salt
- 1 cup rice

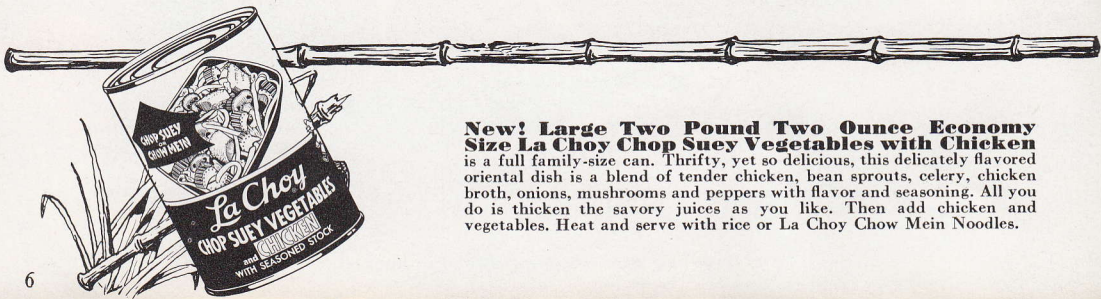
Bring the water to a boil; add the salt and the rice. Cover with a lid and boil for 15 minutes. (Adjust the heat so that a gentle boil is maintained or until the water is absorbed.) At the end of the boiling period turn off the heat and allow to remain covered for 10-15 minutes. Do not lift the lid during this steaming period.

Almond Fried Rice

Yield: 6 servings

- 4 cups cooked rice
- $\frac{1}{4}$ cup butter
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 teaspoon garlic salt (optional)
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ cup La Choy Soy Sauce
- 1 cup toasted slivered almonds
- 1 tablespoon chopped pimiento

Cook onion and green pepper in butter until tender. Add remaining ingredients. Cook for about 10 minutes. Serve hot.



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 as you like. Then add chicken and vegetables. Heat and serve with rice or La Choy Chow Mein Noodles.

Chinese Egg Rolls

Yield: 20 egg rolls

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
- 2 cups La Choy Bean Sprouts
- $\frac{1}{4}$ cup La Choy Soy Sauce
- 1 teaspoon salt
- 2 tablespoons sugar

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

- 2 cups sifted flour
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 1 egg, beaten
- 1 teaspoon sugar
- 2 cups water
- Peanut Oil

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. Serve hot with a mustard sauce.

La Choy Bean Sprouts 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 Bean Sprouts also are used in vegetable salads and meat stews. Additional uses on page 28.



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 thin strips

1 medium onion, chopped

2 cups diced celery

1 teaspoon salt

Dash pepper

1½ cups hot water

1 can La Choy Bean Sprouts drained or

1 can La Choy Mixed Chinese Vegetables, drained

THICKENING AND FLAVORING:

2 tablespoons cold water

2 tablespoons cornstarch

1 tablespoon La Choy Soy Sauce

1 teaspoon sugar

1 tablespoon La Choy Brown Gravy Sauce if 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 mix-

ture. Stir lightly and cook 1 minute. Serve hot with cooked rice for Chop Suey or La Choy 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.



La Choy 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 and Chow Mein. This item is excellent for salads or when added to creamed left-over beef or chicken and in stews.



Tuna Chop Suey or Chow Mein

Cooking time: 12 minutes • Yield: 4-6 servings

¼ cup butter
1 medium onion, chopped
1 teaspoon salt
Dash pepper
2 cups chopped celery

1 cup hot water
1 7-ounce can tuna, drained
1 can La Choy Mixed Chinese
Vegetables, drained or
1 can La Choy Bean Sprouts, drained

THICKENING AND FLAVORING:

2 tablespoons cold water
2 tablespoons cornstarch
1 tablespoon La Choy Soy Sauce
1 teaspoon sugar
1 tablespoon La Choy Brown Gravy
Sauce if Chop Suey is desired

Cook onion in melted butter for 2 minutes. Add salt, pepper, celery and hot water. Cover and cook for 5 minutes. Add tuna, Mixed Chinese Vegetables or Bean Sprouts. Heat thoroughly. Combine thickening and flavoring ingredients; add to tuna mixture. Stir lightly and cook for 1 minute. Serve hot with cooked rice or Chop Suey

or La Choy 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. Whole or chopped toasted almonds may be used.

Variation: Substitute 1 cup canned or cooked shrimp for tuna.



La Choy Chow Mein Noodles are made from a blend of flours, cooked in vegetable shortening until golden brown, 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 27.

Now La Choy Chow Mein Noodles come in 2 sizes—Regular or Large Economy Size!

Chinese Beef Pot Roast

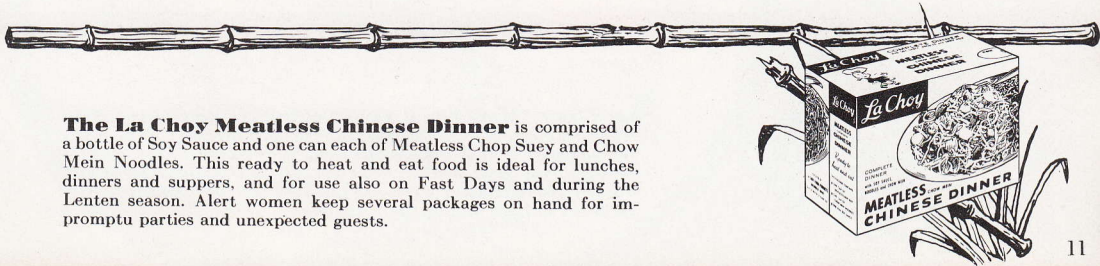
(With Brown Gravy)

5-pound beef pot roast
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
2 teaspoons La Choy Brown
Gravy Sauce

$\frac{1}{4}$ cup La Choy Soy Sauce
2 tablespoons melted butter
1 cup water
 $\frac{1}{2}$ cup sliced onion

Mix salt and pepper with Sauces and rub well into meat. Let marinate a few minutes. Brown meat well on each side in butter in a Dutch oven or roasting pan. Place a low rack under roast. Add water and onion. Cover tightly and cook slowly on surface heat or in a 350° oven for 3 to

3 $\frac{1}{2}$ hours or until fork-tender. Add more water if necessary, so as to have $\frac{1}{2}$ to 1 inch of liquid. Turn meat once or twice during cooking time. Remove to hot platter and serve with Chinese Brown Gravy (recipe on page 18).



The La Choy Meatless Chinese Dinner is comprised of a bottle 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
- 1 303-can La Choy Chop Suey Vegetables, drained

- ½ cup La Choy Water Chestnuts, sliced
- 1½ cups chicken stock
- 2 tablespoons cornstarch
- 1 tablespoon La Choy Soy Sauce
- Salt and pepper
- La Choy Chow Mein Noodles

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, 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 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 10 minutes. Serve with Noodles for Chow Mein or steamed rice for Chop Suey. Season individual dishes to taste with La Choy Soy Sauce.



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

3 tablespoons butter
3 tablespoons shortening
6 La Choy 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 table-

spoons 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.



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 to your taste. Then add the savory beef and vegetables, heat and it's ready for the table. Serves four large or six medium portions.

De Luxe Mushroom Chop Suey or Chow Mein

Cooking time: 12 minutes • Yield: 4-6 servings

$\frac{1}{4}$ cup butter
 $1\frac{1}{2}$ cups ($\frac{3}{4}$ pound) beef tenderloin
or lean veal, cut in thin strips
1 medium onion, chopped
2 cups diced celery
1 teaspoon salt

Dash pepper
 $1\frac{1}{2}$ cups hot water
 $1\frac{1}{2}$ cups canned or fresh
mushrooms, sliced
1 can La Choy Bean Sprouts,
drained

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

Melt butter; add meat and onion and cook 5 minutes. Add celery, salt, pepper and hot water. Cover and cook for 5 minutes. Add mushrooms and Bean Sprouts. Mix thoroughly and bring to boil. Combine thickening and flavoring ingredients; add to meat mixture. Mix lightly and

cook for 1 minute. Serve hot with cooked rice for Chop Suey or La Choy 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.



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 to taste, add mushrooms and vegetables and heat. For variety prepare with meat or seafood.



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

½ teaspoon pepper

3½ cups hot water or chicken
broth

3 cans La Choy Mixed Chinese
Vegetables, drained

THICKENING AND FLAVORING:

¼ cup cold water

¼ cup cornstarch

4 teaspoons La Choy Soy Sauce

2 teaspoons sugar

2 tablespoons La Choy Brown Gravy
Sauce if 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 La Choy 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.



Special Suggestion: Extra Fancy Sub Gum Chop Suey or Chow Mein may be quickly and easily prepared by adding one can of drained La Choy Mixed Chinese Vegetables to a can of La Choy Meatless Chop Suey along with desired cooked meat. Simply mix, heat until piping hot and serve.

La Choy Mixed Chinese Vegetables are comprised of Bean Sprouts, Water Chestnuts, Bamboo Shoots, Mushrooms and Sweet Red Peppers.



Egg Foo Yong

Cooking time: 20 minutes • Yield: 6 servings

6 eggs, well beaten
1 can La Choy 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
 $\frac{1}{8}$ 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

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

Hamburger Chop Suey or Chow Mein

Cooking time: 30 minutes • Yield: 6 servings

¼ cup butter

1 pound hamburger

1 medium onion, chopped

2 teaspoons salt

Dash pepper

2 cups diced celery

1½ cups water

1 can La Choy Mixed Chinese
Vegetables, drained

1 can La Choy Bean Sprouts,
drained

1 can mushrooms, sliced

THICKENING AND FLAVORING:

2 tablespoons cold water

2 tablespoons cornstarch

1 tablespoon La Choy Soy Sauce

1 teaspoon sugar

1 tablespoon La Choy Brown Gravy
Sauce if Chop Suey is desired

Cook hamburger and onion in butter until lightly browned. Add salt, pepper, celery and 1½ cups water. Bring to boil. Cover; simmer 20 minutes. Add vegetables and heat until hot. Combine thickening and flavoring ingredients; add to meat mixture. Cook until slightly thickened, stirring

constantly. Serve hot with cooked rice for Chop Suey or La Choy 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.

The La Choy Beef Chow Mein Dinner is comprised of a bottle of Soy Sauce and one can each of the Beef Chop Suey and Chow Mein Noodles. Serve the ready to heat and eat Beef Chop Suey over the crisp crunchy 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 emergencies.



Scrambled Eggs Orientale

Yield: 4-6 servings

2 tablespoons butter
2 tablespoons chopped green onions
1 can La Choy Bean Sprouts, drained

$\frac{1}{2}$ cup sliced La Choy Water Chestnuts
6 eggs
1 teaspoon salt
 $\frac{1}{8}$ 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 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 used in Chop Suey and Chow Mein.

Lobster and Chicken Cantonese

Yield: 6 servings

1 chicken breast, cooked and sliced
2 eggs, hard-cooked and chopped
 $\frac{1}{4}$ cup butter
1 clove garlic, finely minced (optional)
1 5-ounce can La Choy Water Chestnuts, drained and sliced

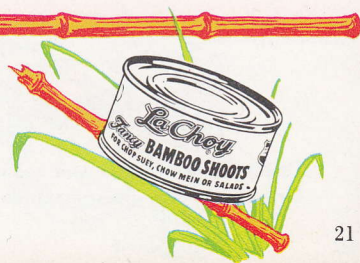
1 8-ounce can La Choy Bamboo Shoots, drained
 $\frac{1}{4}$ pound sliced fresh mushrooms
1 10-ounce package frozen peas, slightly thawed
3 cups chicken broth
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ cup cold water

$\frac{1}{4}$ cup cornstarch
1 tablespoon La Choy Soy Sauce
1 teaspoon La Choy Brown Gravy Sauce
1 $6\frac{1}{2}$ -ounce can lobster meat, drained
La Choy 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 mix-

ture. Cook over moderate heat until thickened, stirring constantly. Fold in chicken and lobster meat. Heat until hot. Serve over Chow Mein Noodles. Garnish with chopped eggs.

La Choy Bamboo Shoots are imported from those sections of China 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
⅔ 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 vege-

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

DIPPING BATTER

1 egg, beaten
⅔ cup milk
1 cup sifted flour
2 teaspoons baking powder
½ teaspoon salt

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

SWEET 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.

Chinese Tuna Rice Salad

Yield: 6 servings

1 7 oz. can tuna
2 cups cold cooked rice
 $\frac{1}{4}$ cup sliced green onions
1 cup La Choy Bean Sprouts,
drained

$\frac{1}{2}$ cup diced celery
 $\frac{1}{4}$ cup sliced radishes
 $\frac{1}{4}$ cup chopped salted peanuts
 $\frac{1}{2}$ cup French dressing
 $\frac{1}{2}$ cup La Choy Soy Sauce

Combine tuna, rice, green onions, Bean Sprouts, celery, radishes and peanuts. Mix French dressing and Soy Sauce together and pour over rice and

tuna mixture. Toss lightly. Let chill for several hours to allow flavors to blend.

The La Choy Chicken Chow Mein Dinner is comprised of a bottle of Soy Sauce and one can each of the 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.



Shrimp Fried Rice

Cooking time: 15 minutes • Yield: 6 servings

¼ cup butter
2 cups cooked shrimp, halved
2 teaspoons salt
½ teaspoon pepper
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 Water Chestnuts
1 cup La Choy 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.



La Choy Brown Gravy Sauce is a bead molasses type of 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 30.

Chinese Soup

Yield: 4 servings

- ¼ pound lean round steak
- 2 green onions, finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons butter
- 3 tablespoons La Choy Soy Sauce

- ¼ teaspoon paprika
- 2 cups La Choy Bean Sprouts, drained
- 4 cups chicken or beef broth
- 1½ teaspoons salt
- Dash pepper

Cut meat into thin strips. Melt butter in sauce pot. Add meat, onions and garlic; cook for 5 minutes. Add remaining ingredients and simmer.

for about 30 minutes, or until meat is tender. Serve hot.

Mandarin Salad

Yield: 4 servings

- ¼ cup French dressing
- 1 teaspoon La Choy Soy Sauce
- 2 cups diced cooked ham or veal
- 1 can La Choy Bean Sprouts, drained

- ¼ cup chopped onion
- ½ cup chopped sweet pickle
- 1 teaspoon salt
- Dash pepper
- 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 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 left-over 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**.



Oyster Chow Mein

Cooking time: 25 minutes • Yield: 6 servings

¼ cup butter
1 pint oysters, drained
2 tablespoons butter
1 cup sliced celery
1 medium onion, chopped
½ cup chopped green pepper
½ cup sliced fresh mushrooms

2 tablespoons flour
2 cups La Choy Bean Sprouts,
drained
2 tablespoons La Choy Soy Sauce
1 teaspoon salt
Dash pepper
La Choy Chow Mein Noodles

In skillet, cook oysters in ¼ cup butter until edges begin to curl. In another skillet cook celery, onion, green pepper and mushrooms in 2 tablespoons butter until tender. Stir in flour. Add

oysters and liquid, adding enough water to make ¾ cup. Cook, stirring constantly until thickened. Add Bean Sprouts, Soy Sauce, and seasonings. Heat until hot. Serve over Chow Mein Noodles.



La Choy Soy Sauce is a piquant sauce that has been flavor-famous for a long time. It is made from parts of soya beans, wheat, corn, sugar cane with salt and water added. It is uniform in consistency and flavor, and will not sour, mold or disintegrate and need not be kept under refrigeration. For recipes and uses see page 30.

La Choy Chow Mein Noodles

- Use in place of toast for creamed dishes, such as creamed chicken, turkey, dried beef, tuna, salmon, shrimp, asparagus.
- Sprinkle over casserole dishes for a crunchy, crusty topping. So easy and quick to do.
- A spoonful sprinkled over each bowl of soup just before serving is a surprise treat.
- Oven-fried chicken is even more delicious when rolled in finely crushed Chow Mein Noodles, after having been dipped in milk or buttermilk.
- Three recipes for Chow Mein Noodle Party Snacks.

2 cups La Choy 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 noodles in shallow pan. Combine remaining ingredients; pour over noodles, stirring gently with a fork. Heat in a 250° oven for 30 minutes, stirring occasionally. Serve warm or cold. Can be stored in tightly covered container for several days.

2 cups La Choy Chow Mein
Noodles

2 tablespoons melted butter
 $\frac{1}{4}$ teaspoon garlic salt

Use mixing procedure given in above recipe.

2 cups La Choy Chow Mein
Noodles
2 tablespoons melted butter

$\frac{1}{4}$ teaspoon onion powder
2 tablespoons grated Parmesan-
type cheese

Use mixing procedure given in first recipe.

New and Different Uses for La Choy Chinese Foods

La Choy Water Chestnuts

- Toss with a fresh green vegetable salad, a meat, poultry or fish salad. Adds an appetizing texture contrast.
- Slice and add to creamed vegetable or main dishes—such as Chicken or Turkey a la King.
- And as a hot appetizer—wrap each Water Chestnut in a half-slice of bacon and broil under moderate heat until bacon is crisp.
- For another hot appetizer—take a bit-size piece of cooked chicken liver, a third of a Water Chestnut and wrap $\frac{1}{3}$ slice of bacon around them. Fasten securely with a toothpick. Put in a shallow pan and bake at 325° until bacon is crisp, about 15-20 minutes. Serve hot.

La Choy Bean Sprouts

- Mix with hot buttered vegetables—such as green beans, peas, spinach, or carrots. Crispy and nutlike, they bring out new flavor in vegetables.
- Add to mixed vegetable salads, tomato aspic, and to fish and chicken salads. Gives them an exotic air.
- Use in soups or stews—adds a subtle flavoring and an excitingly different texture.
- Stir into partially cooked scrambled eggs. A real taste treat!



Chinese Flavor Secrets

La Choy Brown Gravy Sauce

- Use in gravies, stews, meat and poultry broths, soups, sauces for meat and vegetables.
- Also in baked beans, brown bread and gingerbread. Gives a richer flavor and color to food.

La Choy Soy Sauce

- Use as a table condiment with ground beef, steaks, fish, chops and roasts. Really enhances flavor!
- Marinate meat in it. Adds flavor 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. Adds a subtle zippy flavor.
- A necessary ingredient in a barbecue sauce recipe, like this one:

BARBECUE SAUCE

2 tablespoons butter	1 teaspoon hot pepper sauce
½ cup chopped onion	2 tablespoons La Choy Soy Sauce
1 6-ounce can tomato paste	1 teaspoon chili powder
1 tablespoon sugar	¼ cup lemon juice
Salt and pepper	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.

This aerial view shows La Choy Food Products, Archbold, Ohio. More than six acres of floor area are equipped with the most modern facilities for cooking, blending and packing La Choy Products. Scrupulously clean, you can be sure ingredients are carefully selected to safeguard quality and inspected by the U. S. Dept. of Agriculture to assure your satisfaction.



*Selected
Chinese
Recipes*

COMPLIMENTS OF LA CHOY

