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Chow Mein

2 cups each sliced onions and celery	1 tablespoon Chinese molasses
1 tablespoon vegetable oil	1 can bean sprouts or Chinese vegetables, drained
2 cups leftover meat or poultry	3 tablespoons corn starch
2 cups chicken broth or bouillon cubes dissolved in 2 cups water	Chow mein noodles or cooked rice
3 tablespoons soy sauce	

Sauté onions and celery in the oil until crisp tender. Add the next five ingredients. Simmer 5 to 10 minutes. Stir in corn starch, cook until thickened. Serve over noodles with rice on the side. 4 to 6 servings. Be careful not to overcook the celery and onions.

Chop Suey

1 pound lean pork*, cut in thin strips	1 bouillon cube
2 tablespoons vegetable oil	1 can (16 ounces) bean sprouts, drained
½ cup sliced onions	1 can (5 ounces) water chestnuts, drained, sliced
1 cup celery, cut in thin strips	½ teaspoon salt
½ cup green pepper, cut in thin strips	2 tablespoons soy sauce
1 tablespoon cornstarch	
1¼ cups water	

Cook pork in hot vegetable oil until brown, stirring occasionally. Add onions, celery and green pepper; cook 3 minutes. Combine cornstarch with a little water, then stir in remaining water and bouillon cube. Add to vegetable mixture; cook just until thick. Add bean sprouts, water chestnuts, salt and soy sauce; heat. Vegetables should be crisp, not overdone. Serve with hot rice. 4 servings.

* Lamb, veal, or chicken may be used instead of pork. With chicken, use chicken bouillon cube and garnish with ½ cup blanched slivered and toasted almonds.

Chinese Fried Rice

1 lean pork chop	1 clove garlic, minced
¼ cup minced ham	1 teaspoon salt
¼ cup vegetable oil	1/8 teaspoon pepper
1 medium onion, chopped	½ teaspoon ginger (optional)
1 medium green pepper, chopped	3 to 4 cups cooked rice
½ cup chopped parsley	4 eggs

Cut pork in julienne strips and cook with ham in two tablespoons vegetable oil until brown. Add onion, green pepper, parsley and garlic; cook until tender. Add remaining vegetable oil, salt, pepper, ginger and rice; stir lightly to mix. Make a well in the center of rice mixture, add eggs and cook until semi-solid. Then stir into rice while cooking over medium heat 2 to 3 minutes. 6 servings.

Pizza Sauce

3 tablespoons olive oil	1 tablespoon dried oregano, crumbled
1 cup finely chopped onions	1 tablespoon fresh or 1 teaspoon dried basil, crumbled
1 tablespoon finely chopped garlic	1 bay leaf
4 cups Italian plum or whole-pack tomatoes, coarsely chopped but not drained	2 teaspoons sugar
1 6-ounce can tomato paste	1 tablespoon salt
	Freshly ground black pepper

Cook finely chopped onion in olive oil over moderate heat 7 to 8 minutes until soft and transparent but not brown. Add garlic and cook another 1 or 2 minutes, stirring constantly. Then stir in tomatoes and their liquid, tomato paste, oregano, basil, bay leaf, sugar, salt and a few grindings of black pepper. Bring to a boil and simmer uncovered about 1 hour.

When finished the sauce should be thick and fairly smooth. If you wish a smoother texture puree the sauce through a food mill or rub it through a sieve with the back of a large wooden spoon. Makes about 3 cups.

Stir-Fried Rice

1 cup long-grain rice	½ cup chopped bell pepper
3 eggs	2 cloves garlic, crushed
¼ cup peanut oil	2 cups thinly sliced cooked meat
1 cup chopped onion	¼ cup soy sauce
1 cup chopped celery	

While preparing the dish, allow meat to marinate in soy sauce. Cook rice according to package directions. In a large skillet heat the oil. Add onion, celery, bell pepper and garlic and heat, stirring, for about 3 minutes. Push vegetables aside. Beat the eggs slightly, cook in skillet (beside the vegetables but not mixed in) pancake style until well set. Remove eggs from pan and set aside. Add meat and rice to pan and stir for about 2 minutes, heating the meat throughout. Cut eggs into thin strips and add to skillet mixture. Serve. Makes about 4 servings.

Chow Mein or Chop Suey

2 cups each sliced onions and celery	3 tablespoons soy sauce
1 tablespoon vegetable oil	1 tablespoon molasses
2 cups diced leftover cooked meat or poultry	1 can (19 ounces) bean sprouts, drained
2 cups chicken broth or 2 chicken bouillon cubes dissolved in 2 cups boiling water	3 tablespoons cornstarch
	Chow-mein noodles or hot cooked rice

Sauté onions and celery in the oil until crisp-tender. Add next 5 ingredients. Simmer 5 to 10 minutes. Stir in cornstarch blended with a small amount of cold water and cook, stirring, until thickened. Serve on noodles for Chow Mein or rice for Chop Suey. Makes 4 to 6 servings.

Stromboli

1 pound boiled ham
¼ pound Italian salami

¼ pound frying peppers
½ pound provolone cheese

Sauté onions in olive oil. Cut green peppers in strips and cook with onions.

Roll frozen bread dough or pizza dough out flat. Put layer of ham, then salami, then cheese, then pepperoni and peppers and onions then more cheese. Fold over. Pinch edges. Bake at 400°F 15 or 20 minutes. Can also use: pizza sauce, mozzarella, pepperoni or hamburger.

Stromboli

For each stromboli: 1 pound Rich's bread dough rolled about 1/8-inch thick about the size of a jelly roll baking sheet.

Fill with slicing pepperoni, Virginia baked ham, sliced provolone and grated mozzarella cheese. Cover dough completely. Sprinkle with oregano to taste. Roll up several times to make layers. Brush with slightly beaten egg. Bake at 350°F for about 20 minutes or until dough is golden brown. Cool awhile for easier cutting.

Stromboli

Defrost a loaf of frozen commercial bread dough. Oil a bread board and flatten with a rolling pin; spread a little oil over the top and roll out the dough as thin as you can make it.

Next come layers of good things purchased at the deli. First a layer of Swiss cheese, then a layer of thinly sliced salami, then boiled ham, then sliced pepperoni. On top of these place some fried peppers and, if you like, hot pepper. Roll up like a jelly roll. Be sure to roll tightly, pressing out all air as you roll. Place the roll, seam side down, on an oiled cookie sheet or roasting pan. Bake in a 350°F oven about an hour, until it is golden brown.

Eggs Foo Young

1 medium green pepper, chopped
1 medium onion, chopped
¼ cup vegetable oil
1 cup cooked cleaned shrimp

1 can (5 ounces) water chestnuts,
drained and sliced
1 cup drained bean sprouts
2 to 3 tablespoons soy sauce
5 eggs, separated

Cook green pepper and onion in vegetable oil over low heat until tender. Add shrimp, water chestnuts, bean sprouts and soy sauce; remove from heat. Beat egg whites until fluffy; beat egg yolks lightly and fold into egg whites. Pour over vegetable-shrimp mixture. Cover and cook over low heat without stirring for 15 to 20 minutes until eggs are cooked. Cut in wedges and serve from skillet. 4 to 6 servings.

Manicotti Crepes

12 to 16 servings

Tomato Sauce:

Use your favorite recipe, a prepared sauce if you want to save time, or this easy one.

2 28-ounce cans Italian plum tomatoes, undrained	1¼ cup minced parsley
¼ cup olive oil	1 tablespoon sugar
2 diced large onions	1½ teaspoon oregano
2 minced garlic cloves	1 teaspoon basil
1 6-ounce can tomato paste	½ teaspoon marjoram
	Salt and pepper

Puree small batches of undrained tomatoes in a blender or food processor, or force through a sieve.

Heat olive oil in a large pot and sauté onion and garlic. Add tomatoes, tomato paste and seasonings. Simmer, covered, for 1 hour. Uncover and simmer ½ hour longer.

Crepes:

8 eggs	1 teaspoon salt
2 cups milk	¼ cup melted butter
2 cups water	¼ cup oil
4 cups flour	

Beat eggs and add milk and water. Mix well. Beat in flour, salt, butter and oil (the oil makes the crepes tender). Allow batter to rest for 1 to 2 hours.

Cook crepes in a 6 to 7 inch pan, stacking crepes on a plate or paper towel as they are finished.

Crepes may be made ahead and layered between pieces of waxed paper or foil. Any extra crepes can be frozen in foil.

Filling:

2 tablespoons olive oil	4 cups ricotta cheese
2 minced garlic cloves	6 beaten eggs
2 chopped onions	1 cup parsley
2 pounds ground pork	½ teaspoon nutmeg
2 pounds ground veal	1 cup grated parmesan cheese
2 10-ounce packages frozen chopped spinach, cooked and drained	Salt and pepper
	3 cups grated Jack cheese

Mix together all filling ingredients except Jack cheese. Sauté until meats are well browned. Check seasoning.

Preheat oven to 350°F. Divide filling among 36 crepes, spreading it evenly down the center of each crepe. Roll to enclose and place seam-side down in two 9x13" buttered baking dishes. Spoon half the tomato sauce over each casserole and sprinkle each with grated Jack cheese. Bake for 25 minutes.