

Chow Mein

Cut fine:

- 1 med onion,
- 1 tsp salt,
- 1 tsp MSG,
- ¼ tsp sugar,
- 1 pound bean sprouts,
- 3 sticks of celery,
- ½ stock of Bok Choy,
- ½ stock Sui Choy,
- 1 tsp soya sauce,
- 1 small green pepper,
- ¼ bulb ginger,
- 3 cloves garlic,
- ½ pound beef steak cut very fine.

Method: fry beef until ½ done with the garlic and the seasonings in 3 – 4 tbslsp lard. Then remove from the pan and add the rest of the veggies and quick fry them until ½ done. Then add fine noodles (cooked). Put your soya sauce in and take about 1 tsp of corn starch mixed with a bit of water and stir in quickly so veggies don't get too soft.

Crisp Noodles: 5 eggs and 4 c flour, 1 ½ tsp baking powder, and 1 tsp salt. Mix well. If too dry, add another egg. Roll out real thin. Fold and reroll. The last time roll about “ wide and cut fine. Deep fry about 325 being careful as they burn easily. Then add some to the top of the chow mein and freeze some.