

Pork Chow Mein

Thom Hackett

Servings: 8



This is a wonderfully tasty oriental dish. Chicken can easily be substituted for the pork, veal, and beef. Just substitute 2 cups of diced cooked chicken. Don't brown the chicken, add and heat through just before adding the cornstarch.

Ingredients

½ pound lean pork, diced
¾ pound veal, diced
½ pound lean boneless beef, diced
2 tablespoons peanut oil
6 tablespoons soy sauce
1 cup water
1 bunch large celery stalk, cut in ½" pieces
1 small red onion, chopped
2 tablespoons cornstarch
¼ cup water
1 (10 oz. can) sliced water chestnuts
2½ cups mung bean sprouts
2 ounce canned mushroom

Cooking Method

Brown meats in hot oil.

1. Add soy sauce and 1 cup of water
2. Simmer 2 minutes.
3. Add celery and onion
4. Simmer 1½ hours.

Blend cornstarch and ½ cup water.

1. Stir into meat mixture.
2. Add chestnuts, bean sprouts, and mushrooms; heat through.
3. Season to taste with salt and pepper.