

Chinese Cookery

In the
**Home
Kitchen**

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Chinese Cookery

in the Home



Kitchen

*Being Recipes for the Preparation
of the Most Popular Chinese
Dishes at Home.*






EDITED BY
JESSIE LOUISE NOLTON
OF
The Chicago Inter-Ocean

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Part I



The **F**IRST word



THE favorite dishes of the Orient are rapidly becoming favorite dishes of the Occident. This is especially true of the Chinese dishes. The glamour thrown about them by the mystery of their origin and the still greater mystery of the combinations used in their preparation, adds a zest of which even the most skeptical is conscious.

While this mystery causes a natural hesitation on the part of the person who tastes for the first time, still when he has once tasted he is sure to taste again, and soon he, too, falls under the spell. He acknowledges that these Chinese dishes possess an intangible some-

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thing which no other cooking can approach. Then he wonders how they are made. What ingredients are used. What sauces and spices enter into their make-up, and whether it is possible to prepare them in the home kitchen.

It is for use in the home kitchen that this little volume has been compiled. Carefully—from the recipes given by Chinese cooks of great reputation—and clearly as possible—so the amateur cannot fail to meet with success—the best of the known methods of Chinese cookery are elaborated here.

The charm of each dish depends in large measure upon the exactness with which the minutest detail is carried out. Exceeding care has been bestowed upon these details in each recipe printed. Each dish, when completed, can be served with the assurance that it will be perfect as if prepared by an experienced Chinese cook, provided not one detail has been slighted during the preparation.

The **S**econd word



ONE of the Chinese dishes permit of the substitution of strictly American ingredients, therefore no so-called Americanized recipes are given. American imitations lack the peculiar flavor which makes the chief charm of the Oriental cookery.

The special ingredients used in the preparation of the Chinese dishes can be procured from the Chinese merchants and as these merchants are found in almost every city of any size in America, it is not a difficult matter to make the necessary purchases before beginning to experiment with the recipes.

For the convenience of the readers of this book, a separate list of these ingredients is given, with complete information about each article.



Part II





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Special INGREDIENTS



CHINESE POTATOES.

A small Chinese vegetable which is the root or tuber of a water plant. The flavor is similar to sugar cane when raw. The chief charm about this vegetable when used in the different foods is, that it retains its crispness when cooked, and furnishes a distinctly delicate addition to any dish in which it enters.

Chinese potatoes should be peeled and sliced thin. Their keeping qualities are not as good as of ordinary potatoes and they do not retain their flavor for a great length of time.

CHINESE MUSHROOMS.

A dark colored mushroom with a very different flavor from the varieties found in America. They are dried for the market and require a few minutes boiling or steaming before being ready to use.

CHINESE BEANS.

A small green bean somewhat like a green pea in appearance. To prepare for use as sprouts, put the beans in a wire strainer with a flat bottom or in a stone crock with small holes drilled in the bottom. Set in a flat dish or pan and each morning for four or five days, cover with tepid water. At noon and night of each day cover with cold water. The sprouts will be large enough to use in four or five days, and will take the place of celery in the Chop Sooy.

BAMBOO SHOOTS.

The young shoots of the Bam-
boo are used in many of the
fancy dishes, but only a small
portion is required. These are
imported from China in cans.

CHINESE PINEAPPLE.

Imported in cans. Very fine
in flavor and used in fancy dishes.

LICHEE NUTS.

A thin shelled nut with a fruit-
like kernel and a hard seed.
Comes either dried, or preserved
in a rich syrup.

CUM QUATS.

A small orange-like fruit pre-
served in rich syrup. Served for
dessert. Called Gam Quat,
Gamgot, etc.



CANTON CHOW CHOW.

Entirely unlike the American or English article, being composed of Chinese fruits, ginger, etc., preserved in syrup. Used for dessert.




CHINESE GINGER.

A delicious preserve when put up in syrup. Comes also in dry form, sugared, and to be used as a confection. Frequently served for dessert in connection with the Chinese rice cakes, nuts, and other delicacies.



CHINESE ALMONDS.

A small nut, similar to our almonds, but of finer grain. Are blanched, dried and salted. Used for dessert.



CHINESE OILS.

Sesamun oil made from the small seeds of a plant which is a native of China.

Peanut oil made from Chinese peanuts and used in place of olive oil, lard or other medium for frying, especially in the finer dishes. Is free from the greasy effect of lard.

CHINESE SEASONING SAUCE.

A rather salty sauce with a sort of meaty flavor. It is a necessity in preparing Chinese dishes to obtain the peculiar flavor which makes the chief charm of the dish.

CHINESE FLAVORING SAUCE.

A sauce which is somewhat like molasses in appearance and is used in most of the Chop Sooy dishes. These sauces are imported from China in jugs of a distinctive Chinese pattern.

Serving a Luncheon or Dinner



The Chinese method of serving a meal is rather “topsy turvey” according to the established American or European custom, because the Chinese serve the dessert first.

A dinner served in the Chinese style would begin, for instance, with a dish of preserved Cum Quats, a dish of tiny Chinese rice cakes, a dish of shelled, blanched and salted Chinese almonds, and unlimited Chinese tea.

The diners relax, converse, and leisurely enjoy the sweets, the nuts, the quantities of tea—thus preparing for the heavier dishes which follow.

The possibility for various appetizing combinations is unlimited, in serving the principal part of the meal, and the ingenuity of the cook will show to great advantage in planning out these combinations.



Part III





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Chinese Methods of cooking Rice

Rice is to the Chinaman what potatoes are to the Irishman, macaroni to the Italian, and bread to the average American. Rice is the staple food; the one thing that is served always, no matter what the variety of other dishes may be. No meal is complete without the bowl of rice.

The most important detail in the preparation and cooking of rice, according to the Chinese fashion, is the thorough washing of the rice as the preliminary step. A Chinaman washes the rice in many waters, rubbing the rice well between the hands in each water of the many used, until it is entirely free from the white powdery substance that gives the water a milky appearance. In other words, the rice is washed until the water remains perfectly clear. This is one of the secrets of the Chinese cook




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and is the one great reason why the grains of rice never cling together and present the sticky mass which is commonly the result of American methods of cooking this cereal.

When the rice has been thus thoroughly and vigorously washed, and all rice flour removed from it, it should be thrown into a good sized kettle in which a considerable quantity of water is boiling rapidly. To quote from one Chinese cook, "Water boil him very fast, shake him too much so cannot burn." Allow this rapid boiling to continue for at least a quarter of an hour, or more. Take one kernel of rice from the kettle and rub between the thumb and finger. If it rubs away easily, the rice is done; if not quite done boil a few minutes longer. Have a colander with fine holes set in a shallow pan. Pour the contents of the kettle into this colander and let the water drain off. Put the rice back into the kettle, pour over it a small cup of boiling water, cover the kettle tightly and set near, but not over the fire till time to serve.



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Chinese Steamed Rice

Wash the rice according to the previous directions. Put the rice in a kettle and pour over it sufficient boiling water to cover it at least two inches above the rice. Cover the kettle tightly so no steam can escape and set where it will keep very hot but not actually boil. From half to three-quarters of an hour will be necessary to allow for this method of cooking, and the rice when done, will be light, and the grains separated and white as flakes of snow.



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Chinese Chop Sooy






Chop Sooy, in its various forms, is the foundation of three fourths of all the dishes served in the Chinese restaurants. With any one of the many forms of Chop Sooy, combined with other appetizing ingredients and flavorings, the most delectable dishes can be evolved. Success in these combinations depends largely upon the ingenuity of the cook.

*(General directions for
preparing.)*

The Chinese Chop Sooy kettle is made of steel with a narrow rounded base and a flaring rim, and with small handles riveted on two sides of the rim.

To make the best success of Chop Sooy dishes, the kettle should be



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similar in shape, being deeper directly in the center, and sloping up the sides to the rim. This shaped kettle permits of the occasional addition of the stock, or water, while the mixture is cooking, by pouring carefully around the sides of the kettle instead of over the top of the food. This is a very important detail in cooking Chop Sooy, as the best results are impossible unless this rule is strictly followed. A porcelain lined or granite kettle can be substituted for the regular Chinese kettle. A close fitting lid is essential.

The uncooked meat is first put in the kettle with the heated oil, and braised till done, stirring occasionally to prevent burning. Olive oil, peanut oil, lard, butter or any preferred medium can be used for this purpose. When the meat is sufficiently cooked the vegetables and other ingredients are added according to the directions.

No stock should be added till the meat is brown and tender, and

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usually just before the vegetables are put in. A small quantity of stock can be added from time to time as needed, to prevent the mixture from cooking dry. Do not use too much stock at a time. Always have the stock heated before using in the Chop Sooy. The same rule applies if water is used instead of stock. It should be hot when put in the kettle.

There should be no apparent gravy when the Chop Sooy is ready to serve,—that is, no thin gravy; therefore, use the stock or water sparingly, a little at a time, just enough to give the right consistency.

The sauces are frequently added just before the Chop Sooy is done, and the rice flour, wheat flour, or cornstarch, mixed with the sauce, for the purpose of thickening the gravy. A little ingenuity on the part of the cook will determine the right amount of gravy and thickening. Chop Sooy should come from the kettle in a mass, without any

separation between the ingredients and the gravy, but should never be allowed to become stiff. Nothing but experience will determine the exact rule to follow.

The Chinese Chef, as a rule, is apt to leave the vegetables a little under done, according to the taste of the average American palate. A few minutes more cooking is permissible than the time called for in the directions, but in no instance must this time be prolonged till the vegetables are over-done, as that would spoil the dish entirely.



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Chinese Chop



Sooy

(*Ordinary.*)

Cut one pound of lean pork in small pieces and braise in the kettle with a dessertspoonful of lard, olive oil, butter or peanut oil, the latter being preferred. Cover tightly, removing the cover and stirring occasionally till cooked through and lightly browned. Watch carefully to prevent burning. Add one small cupful sliced onions and continue to cook for three or four minutes. Pour a cupful of hot chicken stock or water, carefully around the sides of the kettle, taking great care not to pour over the top of the food. Have ready six Chinese mushrooms, which have previously been soaked, or steamed, and the stems removed, and cut them fine, six Chinese potatoes peeled and sliced

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thin, two cupsful of celery sliced crosswise, and add immediately to the pork and onions. Put in one tablespoon of the Seasoning Sauce and mix well with the ingredients and cover the kettle tightly. Let cook for twelve or fifteen minutes slowly, stirring occasionally to prevent sticking to bottom of kettle and burning. Add water or stock, as necessary, to prevent the mixture from becoming dry. When done the meat will be tender and the vegetables sufficiently cooked, but not over-done. Take two tablespoons of the Flavoring Sauce, mix with it a heaping teaspoon of rice flour or corn starch and add to the ingredients in the kettle, allowing the gravy to thicken slowly. Add four drops of Sesamun Oil, stir carefully and remove from the fire. Serve with rice in separate bowls and with tea.



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Chicken Chop Sooy

(*Sum Soo.*)

Cut fine one-half pound of lean pork from the shoulder, one-half pound white meat of cooked chicken, seven Chinese potatoes (peeled), six Chinese mushrooms (previously steamed and the stems removed), scant cupful bamboo shoots, one cupful celery. Place pork in kettle with one level tablespoon olive oil already heated to prevent meat from sticking, and stir frequently till done. Add the cooked chicken meat and the vegetables prepared as directed above, adding a little more oil if necessary. Draw the mixture carefully from the sides of the kettle to the center and pour around the sides of the kettle a cupful of weak and hot chicken stock. Cover tightly and let cook slowly till the vegetables are done. The Chinese Chef



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allows ten minutes, but the American taste requires the food better done, so fifteen minutes is a better allowance of time. Mix one teaspoon of each sauce with one dessertspoon rice flour, wheat flour, or cornstarch, a teaspoon chicken stock, a pinch sugar and use to thicken gravy. A little more stock can be added to the kettle if necessary.

Serve with bowl of rice and pot of tea.

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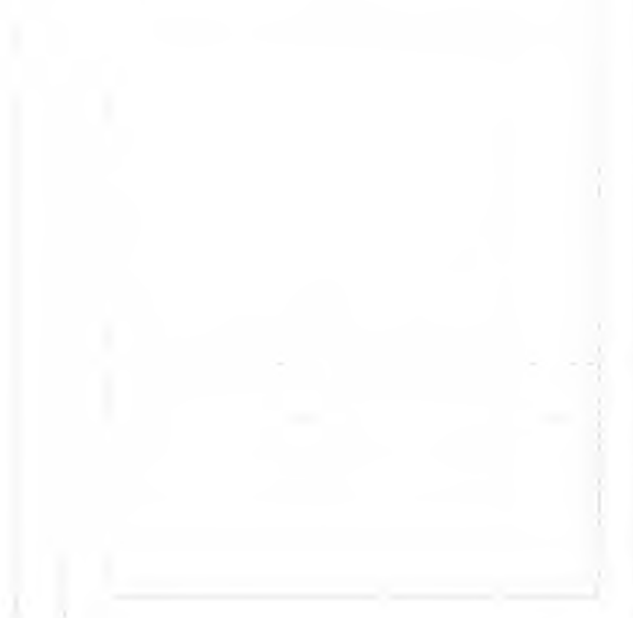
Chicken Chop Sooy

(*With giblets.*)



One pound lean young pig pork cut into slices one inch long, one-quarter inch wide and one-quarter inch thick. Slice thin two chicken livers, gizzards and hearts, and one-half ounce green ginger roots. Put all in kettle with one tablespoon olive oil previously heated, and brown evenly, stirring frequently till done, using care that it does not scorch. Add one pound cooked white meat of chicken cut fine. After pouring around sides of kettle one cupful hot chicken stock, add one tablespoon Seasoning Sauce and stir carefully. Have ready two cups celery, cut fine, one small can white mushrooms sliced, a tablespoon shredded onion and put all in kettle, cooking for twelve minutes. Put in one-half

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cup bean sprouts, adding a little hot stock if necessary, and cook for six minutes more. A teaspoon of peanut oil should now be added and the gravy thickened with a dessertspoon of corn starch and a tablespoon of Flavoring sauce.



Chicken Chop Sooy



(With green ginger.)

Have a teaspoonful each of olive oil and peanut oil hot in the kettle. Put in first a half pound lean young pig pork cut in long thin strips and brown carefully. When done add one pound cooked chicken meat both dark and white. Add one cupful bamboo shoots cut fine, one cup white mushroom tops, one-half ounce green ginger root and pour around dish one cup chicken stock. Cook for ten min-

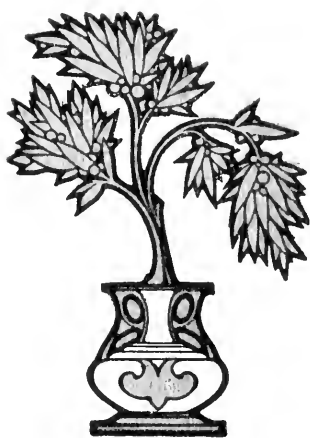


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utes and add one cup bean sprouts. Cook six minutes longer, no more, or bean sprouts cook too long. One teaspoon of each sauce with one teaspoon rice flour for thickening. Add six drops Sesamun oil just before serving. Cut bamboo shoots and mushroom tops very fine.



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**Chicken
Chop
Sooy**
with Pineapple



Use one-half pound young pig pork, very fine cut, and browned in kettle with peanut oil. Add one small teaspoon shredded onion and one pound cooked white meat of chicken cut very fine. One-half cup Chinese potatoes, one-half cup centers of celery stalks, cut very fine, both. Pour around one cupful weak chicken stock and let all cook for twelve minutes. When done thicken with teaspoon rice flour and dessert-spoon Seasoning Sauce, and just before removing from fire add one-half cup imported Chinese Pineapple cut in thin strips. Serve with small bowls of rice and tea.

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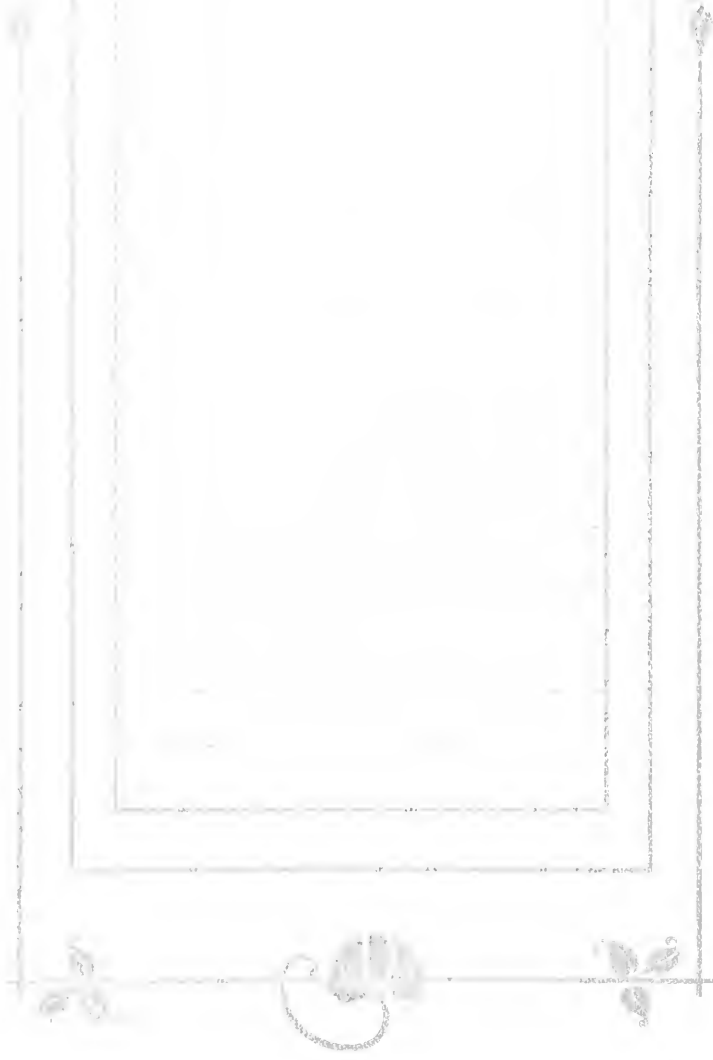
Veal Chop Sooy

Use one-half pound pork with little fat, not too much. Cut fine and brown in kettle with one tablespoon olive oil. Five minutes is enough, then add one pound lean veal cut in small dice and brown all together till veal is done. Cover kettle tightly, taking off cover two or three times to stir meat. When done, have ready one cup Chinese potatoes, cut fine, one-half cup bamboo shoots, one-half cup Chinese mushrooms all cut in fine pieces. Pour around one cup weak chicken stock, add the vegetables and cook for twelve minutes. Put in one tablespoon each kind of sauce, and one cupful bean sprouts. Cook for six minutes longer, thicken with one dessertspoon wheat or rice flour and serve with rice. Cooked veal can be used if it better suits convenience.

Chop Sooy with **Green** **Peppers**

One pound lean pork cut fine and browned in Chop Sooy kettle with one tablespoon olive oil. When done add one cup of the tops of French mushrooms cut very fine, two green peppers cut fine with seeds removed, one cup celery and one-half cup bamboo shoots fine and one tablespoon minced Spanish onion. When the vegetables are mixed with the meat, add one teaspoon peanut oil and one cup hot water, remembering to pour it carefully around sides of the kettle. Cover tightly and let all cook for fifteen minutes, very slow. For this recipe use one tablespoon Seasoning Sauce thickened with one rounded teaspoon corn starch or flour and add when vegetables are done. Then add one teaspoon Flavoring Sauce and four drops Sesamun oil. Serve with bowls of rice and tea.

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Chop Sooy

L with Lamb

Cut one pound lean leg of lamb in cubes or small dice. Brown and cook carefully on one dessertspoon peanut oil. When done mix with lamb in kettle one small cup fine cut French mushrooms, one cup celery cut fine, one cup Spanish onions sliced thin. Add carefully one cup hot water, cover and let cook fifteen minutes. Use one tablespoon Seasoning Sauce with one teaspoon rice flour or corn-starch for thickening. When done, add one teaspoon Flavoring Sauce and a few drops Sesamun oil. Cooked lamb can be used for this Chop Sooy by first browning a half pound lean pork, and adding the cooked lamb before putting in the vegetables.

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Chop Sooy with **Beef** Tenderloin

Cut one pound tenderloin of beef in small square pieces and brown slowly and carefully in a tablespoon of olive oil already heated in kettle. When done add one cupful sliced onions and allow to brown slightly with beef for five minutes more. Pour carefully around sides of dish a cupful of hot water and a teaspoon of peanut oil. Have prepared one cupful Chinese potatoes, and the same of celery and mushrooms and add to the kettle. Cover tightly and cook for at least fifteen minutes. For seasoning, use one tablespoon Seasoning Sauce about five minutes before done. Mix a dessertspoon corn starch or rice flour in a tablespoon Flavoring Sauce and thicken gravy. Remove from the fire and serve with generous bowls of rice and unlimited tea.

Duck Chop Sooy

Have ready one-half pound partly fat young pork, but not too fat, and slice in thin strips. Brown in kettle with tablespoon olive or peanut oil. Add one pound cooked breast of duck cut in long, fine strips, one tablespoon shredded onion and let cook five minutes. Add one cup fine cut Chinese potatoes, one cup celery cut fine, one cup tops of white mushrooms. Pour around sides one cup hot chicken stock and let cook fifteen minutes. Season with one tablespoon each of Seasoning and Flavoring Sauce and a dessertspoon corn starch, or flour for thickening. A half ounce green ginger can be added if liked, or two green peppers seeded and cut very fine.

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Noodles

The following recipe for making noodles will answer all general purposes:

Beat one or more eggs, add a pinch of salt and as much flour as the egg will absorb. Add a small spoonful of clear soup stock and mix with the fingers into a soft, smooth dough, adding more flour as needed. Roll out as thin as possible and let stand for a few minutes. Next roll over and over carefully into a long thin roll and cut thin slices from the end of the roll.

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Chow Mein

(Fried Noodles.)

Do not allow the noodles to become too dry after making. If too much time is needed, place noodles in ice box till ready. Put olive oil in pan having the oil about one inch deep when heated. Spread the noodles over bottom of pan and let fry slowly till a golden color. Then turn over with wide bladed knife or pancake turner and let fry on the other side till done. Perhaps ten minutes will be right, or fifteen. Remove noodles and drain carefully to remove oil. Put on platter and serve with any one of the Chop Sooy dishes you prefer. The Chop Sooy must be ready and hot, and the noodles served immediately when done.

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War Mein



For five persons have three large cupfuls of noodles and cook till done in salted water, or chicken stock with a little onion cut from the green tops. Drain in fine colander and place in five small bowls or one large one. Pour over a little good chicken stock already heated. Add one-half as much freshly cooked Chop Sooy as there are noodles, over top. Garnish with shredded green onion.

War Mein

(*Extra Fine.*)



Two pounds of any kind of meat desired, cut into small square pieces: two handfuls Chinese mushrooms soaked for two hours, the stems removed and cut in fine pieces, and two Spanish onions cut fine. Put all in pan with enough Seasoning Sauce to cover bottom of pan about one inch deep. When boiling, cover tightly and set on back of stove to cook slowly about two hours. When nearly done, put in one pound peeled and sliced Chinese potatoes and let cook till done, about ten minutes. Add a little boiling water if needed, but not too much. Put in



large oval dish, cover over top with two cupfuls noodles cooked in boiling water and drained in colander.

Beat one egg very light, cook in flat pan spreading very thin, and let cool. Slice in thin, fine strips. green onion tops and a piece of cooked ham, about three inches long. Cut cooked egg in strips and put over center of noodles with ham each side and green onion at ends of dish; ham and onion fine as hair, egg a little bigger. Looks very fine when done.



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Yet Gai Mein



Boil the noodles till done in salted water and drain in colander. Put noodles in the necessary number of bowls to serve with chicken stock, or beef, or mutton broth, enough to thin somewhat. Use for garnish one-half a hard boiled egg for each bowl with five or six fine strips of the Chinese cured pork and a few small pieces of the cooked white meat of chicken around the sides of bowl. Additional seasoning may be supplied at the table by using a small portion of the Seasoning Sauce, according to the taste of the individual.

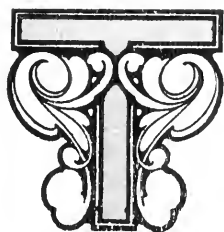
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Gai Mein Gang



Boil noodles till done in salted water and drain in colander. Put noodles in bowl and pour over plenty of good chicken stock. Have ready cooked white meat of chicken with half as much sliced and cooked Chinese mushrooms, and a half cupful of bean sprouts which have been cooked for six minutes. Put over the noodles in bowl and garnish with fine strips of Chinese cured pork in center, and five thin strips of white meat of chicken each side.

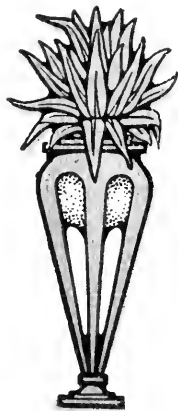


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Mo Goo War Mein

Boil noodles till done in salted water and drain in colander. Have ready cooked white meat of chicken with sliced, canned white mushroom tops, half cup fine cut Chinese potatoes and bamboo shoots mixed and cooked till tender. Put over top of noodles in small bowls, adding small cup hot chicken stock to each bowl. Serve with garnish of half hard boiled egg and Chinese cured pork in small thin strips on each side.



Eggs Fo Yong

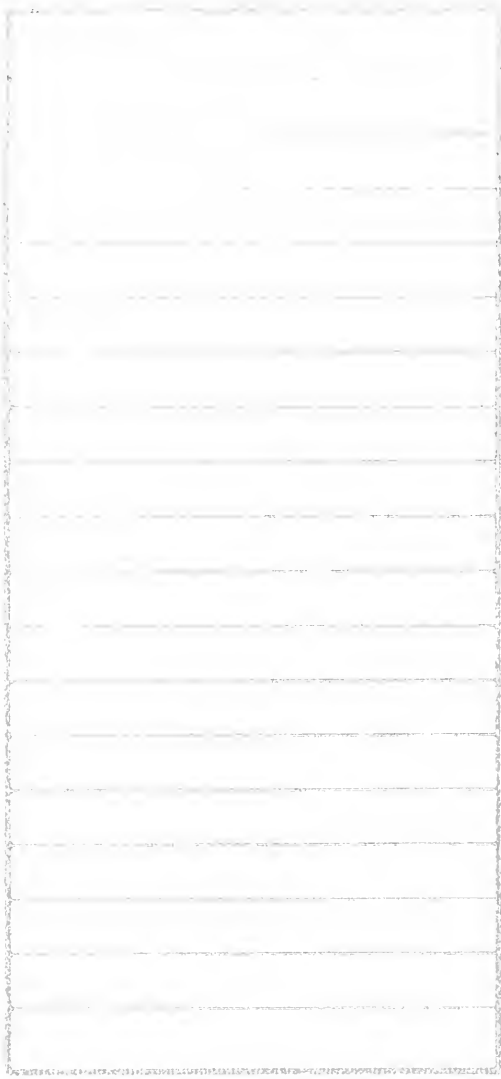


Cut into thin shreds one-half cupful Chinese cured pork, one-fourth cupful bamboo shoots, a half cupful each of celery and Chinese potatoes, and a little shredded onion. After all is cut, put in bowl and break over it a half dozen eggs. Mix all together and fry in small cakes that are flat like pancakes. Serve on an oval platter and pour over it the following sauce: One teaspoonful of each of the two sauces, a small half teaspoonful of sugar, a teaspoonful of rice flour or cornstarch and a little water. Mix in pan in which cakes were fried, and pour over cakes in platter. Serve with rice and tea.





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Eggs with Chicken

Fo
Yong

Cut into fine pieces one-half cupful cooked meat of chicken, one-fourth cupful bamboo shoots, a half cupful each of celery and Chinese potatoes, and a little shredded onion. After all is cut, put in bowl and break over it a half dozen eggs. Mix all together and fry in small cakes that are flat like pancakes. Serve on an oval platter and pour over it the following sauce: One teaspoonful of each of the two sauces, a small half teaspoonful of sugar, a teaspoonful of rice flour or cornstarch and a little water. Mix in pan in which cakes were fried, and pour over cakes in platter. Serve with rice and tea.



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Eggs Fo Yong

with
Lobster Yook



Pull apart one-half cupful of the cooked lobster meat till it is very finely shredded, one-fourth cupful bamboo shoots, a half cupful each of celery and Chinese potatoes, and a little shredded onion. After all is cut, put in bowl and break over it a half dozen eggs. Mix all together and fry in small cakes that are flat like pancakes. Serve on an oval platter and pour over it the following sauce: One teaspoonful of each of the two sauces, a small half teaspoonful of sugar, a teaspoonful of rice flour or cornstarch and a little water. Mix in pan in which cakes were fried, and pour over cakes in platter. Serve with rice and tea.

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Eggs

FO YONG

with Shrimp YOOK



Remove the shells from fresh shrimps and use one-half cupful fresh shrimp meat, (crab meat can be substituted if desired), and one-fourth cupful bamboo shoots, a half cupful each of celery and Chinese potatoes, and a little shredded onion. After all is cut, put in bowl and break over it a half dozen eggs. Mix all together and fry in small cakes that are flat like pancakes. Serve on an oval platter and pour over it the following sauce: One teaspoonful of each of the two sauces, a small half teaspoonful of sugar, a teaspoonful of rice flour or cornstarch and a little water. Mix in pan in which cakes were fried, and pour over cakes in platter. Serve with rice and tea.

Chinese
Cured Pork

This pork is unlike any other cured meat and no American meat is found with a similar flavor. To cure, remove the fat from the pork, cut preferably from the shoulder of the pig, and cut into strips. Rub into the pork the Seasoning Sauce, and a little of the Flavoring Sauce. Then rub over it some good brandy and place in the oven. Mix a small cup of the two sauces, add a little brandy, and baste frequently till done. This cured pork is used for a garnish for many of the dishes, and is sliced in thin strips about two inches long.



Chinese Roast Pig

Young sucking pig is always used for this roast, which is a favorite dish among the Chinese.

The pig is carefully dressed, but is not stuffed, as is the usual case in England and America. It is rubbed inside and out with the Seasoning Sauce until the meat is well seasoned. Then it is rubbed with the finely ground imported spice, which is quite unlike our American spices, and hung on a spit over a clear wood fire. It is turned frequently and cooked slowly till brown and crisp. The flavor cannot be obtained by any other method of seasoning or cooking.



Ham and Eggs

(Canton Style.)



Cut lean ham into strips about two inches long and one-quarter inch thick. Beat up three eggs very light, add one cupful strips of ham, fry in small cakes like pancakes and serve on oblong platter. Garnish with strips of Chinese cured pork. Make a sauce of one tablespoonful Seasoning sauce, mixed with one teaspoonful cornstarch and one tablespoonful hot water. Pour into pan and heat till thickened, and put around sides of platter.

Fried Rice

(*Chinese Style.*)



Beat two eggs light and pour over greased pan with a flat bottom, spreading eggs very thin. Take small piece smoked pork, minced fine, one teaspoonful onion minced fine, one tablespoonful celery minced fine. When eggs are cooked, cut in fine pieces. Add all to one medium sized bowl of cooked rice, mix well and fry all together in pan, with peanut oil.

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Fried Rice

(Canton Style.)



Mince fine small stalk of celery, one small onion, two Chinese potatoes, one cupful Chinese cured pork, and mix with one good-sized bowl of cooked rice. Fry in oblong cakes in olive or peanut oil, using sufficient well beaten egg to mold the other ingredients into shape.



Boned Squab



In preparing this dish, much time and patience are required, as the process of boning the squab is a very laborious one and requires great dexterity and delicate work. The squab should be opened down the back with a very sharp knife and the entire skeleton of the bird removed from the meat without breaking the skin. The ends of the wings, the legs and the neck are carefully tied and the back of the bird sewn up except one small opening where the small white mushrooms are inserted, being first coated with oil and a small portion of the powdered spice rubbed over them. The birds are placed in a pan and cooked in a hot oven,



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being frequently basted with a mixture of the Chinese Sauces. Twenty minutes is sufficient time to allow for cooking, but about two hours are necessary for the preparation.

Boned chicken, or fowl of any kind, is prepared by a similar process. Dressing, or stuffing, as we understand and prepare it, is not known to the Chinese cook.

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17

Fried Rice

with Chicken

One cup fine cut white meat of cooked chicken; one small cup inside stalk celery, minced very fine; one teaspoon finely shredded onion, two Chinese potatoes peeled and finely cut, all mixed together. Two eggs beaten light and spread over bottom of flat pan and cooked not too much, and cut in small strips. Mix with the other ingredients. Have a pan with two tablespoons olive oil, very hot, put in all the ingredients spread over evenly and fry slowly till light brown. Turn with broad knife and fry on other side. Serve on platter with sauce made by mixing the two sauces and thickening with a little rice flour. Lobster, shrimps, oysters, fish of any other meat can be used in place of chicken.

NOTES

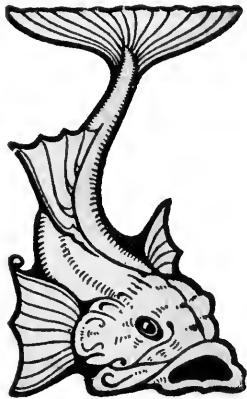
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Shark's Fins



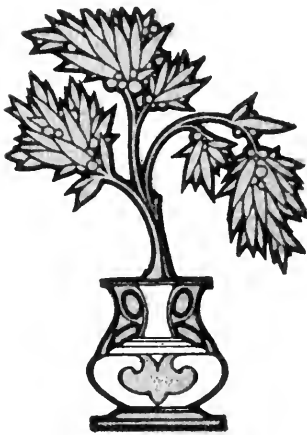
One of the most distinctive Chinese dishes, and one that is considered a great delicacy, is composed of Shark's fins. The small dorsal fins of the hammerhead shark are used, and after being skinned are put through a process of pickling, somewhat similar to that given American pigs feet.



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Bird's Nest Soup



Yan Wor Gang

(*Bird's Nest Soup.*)

This food is made from the nests of a certain variety of swallow which builds on the perpendicular cliffs facing the sea. The difficulty in procuring the nests makes them very expensive and none but the wealthy class in China can afford the dishes made from these nests. They are composed of a substance which is a combination of the sea weed upon which the swallows feed and a secretion from certain glands of the bird, which when mixed with the food, forms the body of the nest. It is a glistening white in appearance when the nests are fresh, of a transparent quality something like gelatine. The new and unused nests are of the greatest value, although the old nests, when thoroughly cleansed, are white and partially transparent. The nests are dried for the market and sold by the ounce.



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To cook, soak in water all night, remove any trace of feathers which may be found and wash carefully in several waters. Allow two ounces of bird's nests for three bowls of soup. The Chinese Chef makes a stock by boiling a fat chicken in two quarts of water, or if a lean chicken, adds two small fat pork chops. Cook till a good rich stock is secured and season lightly. A small amount of onion is usually boiled with the chicken. Strain the stock and boil the soaked bird's nests in this stock for twenty minutes, when it is ready to serve. A little of the white meat of the chicken is usually served in each bowl, and must be cut in fine pieces.



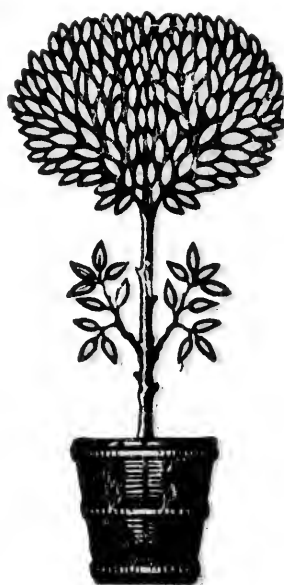


NOTES



Chinese Fritters

Two cups of rice flour; one-half cup sugar; scald both together with hot water and mix like bread, kneading lightly. Roll into little balls and cook in deep fat as you would ordinary fritters or doughnuts.





NOTES



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Salads





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Chinese
Ginger Salad

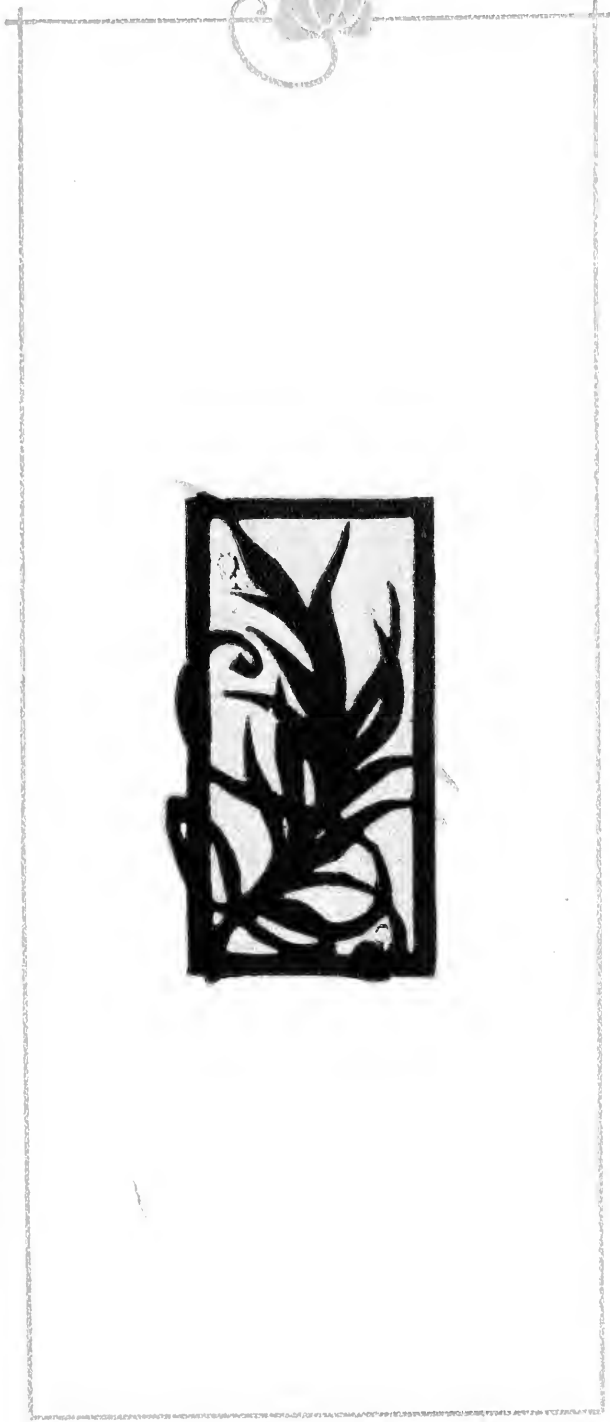


Slice six Mandarin oranges, removing all skin and seeds; peel and cut into cubes two small cucumbers; mince fine two good sized preserved ginger roots, and a small piece of preserved citron boiled till tender; mix a half cupful of the syrup of the preserved ginger root with an equal amount of lemon juice and pour over the salad. Garnish with salted almonds and serve. Very rich.



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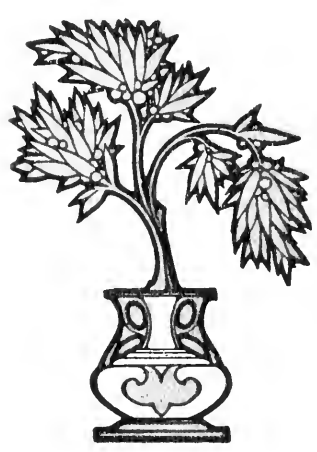
Chinese Salad



Slice ten Mandarin oranges and remove the skin and seeds and the inner skin; cook the kernels of ten Lichee nuts in preserved ginger syrup for ten minutes; cook a piece of preserved citron in water till tender and mince enough to make two tablespoonfuls. Peel and cut two small cucumbers into cubes, mix with the other ingredients and pour over them lemon juice well sweetened with sugar. Serve cold with rice wafers.



**Decorations for a
Chinese
Luncheon**



NOTES

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Decorations for a Chinese Luncheon



The Chinese lillies, Lotus lillies and Bamboo, will answer for floral decorations, and these should be arranged singly in sprays, and tall branches of Bamboo in Chinese jars or vases. The Chinese never mass the flowers.

Embroideries which carry out the dragon designs, or Chinese figures in the striking patterns usually found, are suitable; and especially artistic effects can be secured by arranging peacock feathers in tall vases.

A large Chinese umbrella directly over the table is advantageous, because the beautifully decorated lanterns can be suspended from the edges and from the center with good effect in lighting.



NOTES



Yellows and reds are good colors to predominate.

No covers are used for the table. The place cards can be gay with tiny Mandarins, Chinese boys with umbrellas, and maidens with the inevitable fan held coyly in their hands. The lettering should run up and down the card in true Chinese fashion.

A fresh paper napkin is given with each course, and a different design should be selected for each set of napkins. The decorations are often exquisite on these articles and add greatly to the general effect of the table.



NOTES

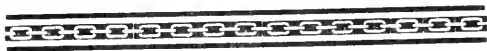


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12

Luncheon Menu



Small dishes of sweetmeats and nuts should be at each place, and a pair of dainty chopsticks, two tiny teacups and a sort of ladle in decorated china. A small pot of soy, see yu, or see gow, as the Seasoning Sauce is variously called, should also be at each place for use if further seasoning of the food is desired. The ordinary American method of supplying salt, pepper, butter, etc., is not permissible for the Chinese luncheon.

The first course should include tea, which is served without cream but may be sweetened if desired according to the individual taste; preserved fruits, such as Cum Quats, Sar Lee, or any of the Chinese preserves; crystallized ginger, nuts and rice cakes. The preserves are eaten from long, prong-like forks and these must be at each place.



The next course can be Bird's Nest soup with shredded chicken served in the queer little ladles. Boned duck fried with mushrooms and Chinese potatoes could follow. The next course must be a Chop Sooy made from any one of the recipes given, the one with lamb being very suitable, and this is followed with Eggs Fo Yong with Shrimp Yook, which would finish the menu. The serving of rice with the Chop Sooy is optional.

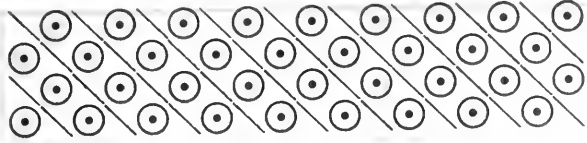
These are merely suggestions which the hostess may vary according to her taste.






Part IV



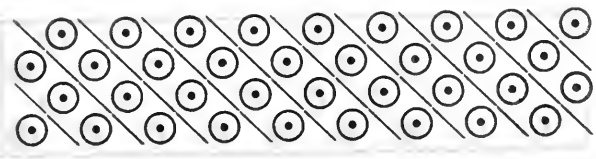


Luncheon
Menus



(Suggestions.)
 No. 1.

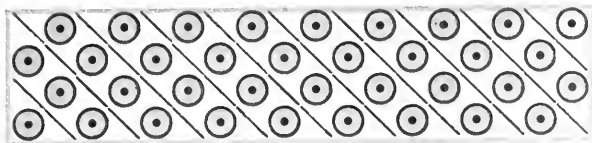
- Mein Gang *(Noodle Soup)*
- Fo Yong Dan *(Eggs Fo Yong)*
- Chop Sooy *(Any Style)*
- Cum Quats
- Salted Almonds
- Beank *(Chinese Cakes)*
- Tea






NOTES





Luncheon 
Menus

(Suggestions.)

No. 2.

Gai Mein Gang
(Chicken Noodle Soup)

Har Yook Dan
(Eggs Fo Young with Shrimps)

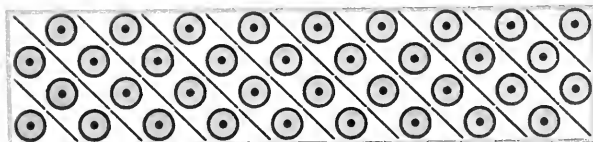
Mo Goo Chop Sooy
(Chop Sooy with Mushrooms)

Boo Loo
(Pineapple Preserved)

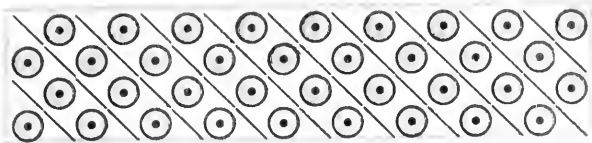
Hong Geung
(Crystallized Ginger)

Salted Almonds

Tea



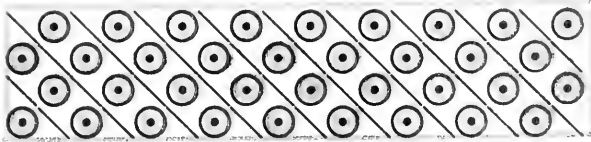
NOTES



Luncheon 
Menus

(Suggestions.)
 No. 3.

- Yan Wor Gang
(Bird's Nest Soup)
- Sub Gum Chop Sooy
(Chop Sooy with Chicken)
- Chow Mein
(Fried Noodles)
- Sar Lee
(Pears Preserved)
- Mar Hong Beank
(Chinese Candy and Cakes)
- Salted Almonds
- Tea





NOTES





Simple Menus

(*Suggestions.*)




No. 1.

Yet Gai Mein
(*Noodle Soup, Plain*)
Duck Chop Sooy, Bowl Rice
Mixed Fruits in Syrup
Nuts
Tea



No. 2.

Eggs Fo Yong with Shrimp Yook
Chicken Chop Sooy with White
Mushrooms
Bowl Rice
Preserved Canton Ginger
Rice Cakes
Tea



Simple Menus

No. 3.

Fried Rice, Canton Style

Ching Moy

(Plums Preserved)

Salted Almonds

Tea

No. 4.

Ham and Eggs, Canton Style

Boo Loo

(Preserved Pineapple)

Almonds

Tea



NOTES





Simple Menus

No. 5.

Fried Rice with Chicken

Cum Quats

Salted Almonds

Tea







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