

# FOOD SECTION

## HAPPY CHINESE NEW YEAR!

Greet the Year of the Dog with a Fabulous Oriental Feast

January 25 is chance to begin the New Year again

4680, in the Chinese Calendar, is the Year of the Dog



The Year of the Dog, which starts January 25, follows the tradition of naming the years after constellations of the Zodiac in 12-year cycles. In order after the Dog are the constellations of Boar, Rat, Ox, Tiger, Rabbit, Dragon, Serpent, Horse, Ram, Monkey and Rooster.

People born in the Year of the Dog are said to be loyal, devoted, and moral — and intelligent and prosperous. Dog people, La Choy Oriental lore experts say, also can be defensive, critical and stubborn but they make good leaders and inspire confidence.

According to the Chinese moon calendar, January 25 marks the beginning of the year 4680 and the Year of the Dog.

If you've already broken your New Year resolutions, you'll have a chance to start over when the world leaves behind the old Year of the Rooster. The Chinese say the Dog will favor strong leadership but finances may be unsettled.

Chinese New Year is the biggest holiday in the Chinese Calendar, celebrated with feasts, fireworks, gift-giving and visiting.

On the New Year in old China, the Chinese enjoyed the best food available, even if they only could afford a bowlful of rice on most days. A New Year's feast was a sumptuous dinner sure to be remembered.

To create an American version of a Chinese New Year feast, serve an Oriental dinner that includes Dynasty Beef on Green Cabbage.

### PEA POD-CUCUMBER SALAD

(4 servings)

- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1/4 cup La Choy Soy Sauce
- 1/4 cup white vinegar
- 3 tablespoons sesame oil
- 2 tablespoons brown sugar
- Dash hot pepper sauce
- 1 package (6 oz.) La Choy frozen Chinese Pea Pods, thawed and drained on paper towels
- 2 medium cucumbers, peeled, halved, seeded and cut into 1/4 inch sticks
- 1 small celery stalk, julienned

Heat oil in small skillet; add garlic and cook, stirring, until garlic is lightly browned. Add next five ingredients and mix well. Let cool.

One hour before serving, combine vegetables in large serving bowl. Pour dressing over and toss thoroughly. Cover and refrigerate until ready to serve.



### DYNASTY BEEF ON GREEN CABBAGE

(4-6 servings)

- 1 pound ground beef (or pork)
- 1 can (8 oz.) La Choy Water Chestnuts, chopped fine
- 2 green onions, chopped fine
- 2 tablespoons minced fresh ginger
- 1 egg, lightly beaten
- 1-1/2 teaspoons cornstarch
- 1 teaspoon sugar
- 1/2 teaspoon salt
- Dash pepper (or to taste)
- 1 tablespoon sherry
- Oil for deep frying
- 1 medium head green cabbage (or two heads celery or Chinese cabbage, if available)
- 2 tablespoons cooking oil
- 1 cup chicken broth, hot
- 1 tablespoon cornstarch
- 1/4 cup chicken broth, cold
- Cherry tomatoes for garnish

Combine meat, water chestnuts, green onions and ginger. Stir in egg, 1-1/2 teaspoons cornstarch, sugar, salt, pepper and sherry; mix gently but thoroughly. Divide mixture into four parts; shape each part into a large meatball.

Heat oil in deep fryer or wok to 375 degrees. Using wire basket or strainer, lower meatballs into hot oil; deep fry until golden (about five minutes). Drain on paper towels. Pour off oil, straining and reserving for another use.

Cut cabbage into 8 sections. Heat 2 tablespoons oil in large skillet or wok placed over medium high heat. Add cabbage and cook, stirring constantly, until softened. Transfer to large casserole, lining bottom and sides. Place meatballs on cabbage. Pour hot chicken broth over. Simmer, covered, about one hour or until meat is thoroughly cooked.

Using slotted spoon, arrange cabbage on serving platter; place meatballs on top. Blend remaining cornstarch and cold chicken broth; add to liquid remaining in casserole. Cook and stir over low heat until thickened. Pour sauce over meatballs, and garnish with cherry tomatoes. Serve immediately.

New Year's dinner in old China was a sumptuous feast sure to be remembered.

To create a memorable Oriental meal in your kitchen... Dynasty Beef on Green Cabbage...A delicious way to greet the Chinese Year of the Dog.



1. Combine meat with water chestnuts, green onions and ginger. Stir in egg and seasonings. Mix thoroughly and shape into four large meatballs.



2. Heat oil in wok or deep fryer to 375 degrees. Deep fry meatballs until golden (about five minutes). Drain on paper towels. Pour off oil, reserving for another use.



3. Transfer cooked cabbage to large casserole, lining bottom and sides. Place meatballs on cabbage; pour hot broth over. Simmer, covered, about one hour or until done.

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