

# FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to [foods@portlandobserver.com](mailto:foods@portlandobserver.com)



## Hong Kong Style Egg Tarts

This is a very easy way to make Chinese-style egg tarts. You can put the leftovers in the refrigerator for use for up to three days later. You can also reduce the sugar in the crust and filling to fit your taste. This recipe is lightly sweetened. Add more sugar if desired.

### INGREDIENTS

- 1 cup confectioners' sugar
- 3 cups all-purpose flour
- 1 cup butter
- 1 egg, beaten
- 1 dash vanilla extract
- 2/3 cup white sugar
- 1 1/2 cups water
- 9 eggs, beaten
- 1 dash vanilla extract
- 1 cup canned evaporated milk or substitute whole milk

### DIRECTIONS

1. In a medium bowl, mix together the confectioners sugar and flour. Mix in butter with a fork until it is in small crumbs. Stir in the egg and vanilla until the mixture forms a dough. The texture should be slightly moist. Add more butter if it is too dry. Add more flour if the dough seems greasy. Shape dough into 1 1/2 inch balls and press the balls into tart molds so that it covers the bottom and goes up higher than the sides. Use two fingers to shape the edge into an "A" shape.
2. Preheat the oven to 450 degrees F. Combine the white sugar and water in a medium saucepan and bring to a boil. Cook until the sugar is dissolved and remove from heat and cool to room temperature. Strain the eggs through a sieve and whisk into the sugar mixture. Stir in the evaporated milk and vanilla. Strain the filling through a sieve and fill the tart shells.
3. Bake for 15 to 20 minutes in the preheated oven until the filling is golden brown and puffed up a little bit.

# Ingredients for life.. SAFEWAY

**99¢** lb  
CLUB PRICE

**Whole Sliced Pork Loin**  
Fresh. Limit 2.  
SAVE up to \$1.90 lb.

**1.99** lb  
CLUB PRICE

**Safeway Boneless Skinless Chicken Breast**  
Grade A.  
SAVE up to \$1.50 lb.

**3.99** lb  
CLUB PRICE

**"Restaurant Cut" Beef Top Sirloin Steak**  
Boneless.  
SAVE up to \$4.00 lb.

**7.99** lb  
CLUB PRICE

**Fresh Alaskan Sockeye Salmon Fillets**  
Weather permitting.  
SAVE up to \$3.00 lb.

**3.99** lb  
CLUB PRICE

**Sweet Cantaloupe Melons**  
Club Price: 33¢ lb.  
Or choose Organic Cantaloupe 2 lbs. for \$1.00.  
SAVE up to \$1.38 on 3 lbs.

**99¢** lb  
CLUB PRICE

**On the Vine Tomatoes**  
SAVE up to \$1.50 lb.

**1.99** lb  
CLUB PRICE

**Northwest Grown Cherries**  
Or choose Rainier Cherries, \$3.99 lb.  
SAVE up to \$3.00 lb.

## Black Pepper Beef and Cabbage Stir Fry

A very simple Chinese stirfry dish, fabulous in taste. I saw my husband going for two additional servings of it and I had to remind him to leave some for the rest of the family! Serve with hot steamed rice.



### INGREDIENTS

- 2 tablespoons vegetable oil
- 4 cloves garlic, chopped
- 1/2 pound ground beef
- 1/2 small head cabbage, shredded
- 1 red bell pepper, cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1/2 cup water
- 1 teaspoon ground black pepper

### DIRECTIONS

Heat a wok or large skillet over medium-high heat and add oil. Sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown. Stir in cabbage and pepper and cook until vegetables are tender and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water and stir in. Season with pepper. Cook, stirring, until sauce has thickened.

## Kung Pao Chicken

This spicy chicken with peanuts is similar to what is served in restaurants. It is easy to make, and you can be as sloppy with the measurements as you want. They reduce to a nice, thick sauce. Substitute cashews for peanuts, or bamboo shoots for the water chestnuts. Enjoy!



### INGREDIENTS

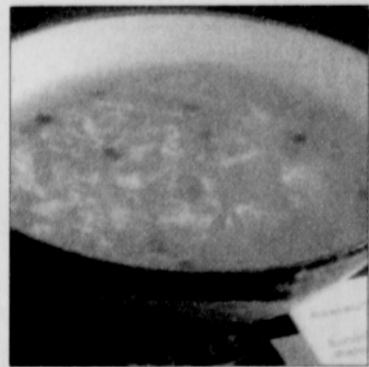
- 1 pound skinless, boneless chicken breast halves - cut into chunks
- 2 tablespoons white wine
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil, divided
- 2 tablespoons cornstarch, dissolved in 2 tablespoons water
- 1 ounce hot chile paste
- 1 teaspoon distilled white vinegar
- 2 teaspoons brown sugar
- 4 green onions, chopped
- 1 tablespoon chopped garlic
- 1 (8 ounce) can water chestnuts
- 4 ounces chopped peanuts

### DIRECTIONS

1. Marinade: Combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil and 1 tablespoon cornstarch/water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes.
2. Sauce: In a small bowl combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil, 1 tablespoon cornstarch/water mixture, chili paste, vinegar and sugar. Mix together and add green onion, garlic, water chestnuts and peanuts. In a medium skillet, heat sauce slowly until aromatic.
3. Meanwhile, remove chicken from marinade and saute in a large skillet until meat is white and juices run clear. When sauce is aromatic, add sauteed chicken to it and let simmer together until sauce thickens.

## Egg Drop Soup

This Egg Drop soup is born from a love of the soup and MANY trips to my favorite Chinese restaurant (asking them many questions) resulting in this variation. Compare it to your local restaurant. The simplicity is the key. Soup can be frozen and re-heated.



### INGREDIENTS

- 1/4 teaspoon salt
- 1 1/2 tablespoons cornstarch
- 2 eggs
- 1 egg yolk
- 4 cups chicken broth, divided
- 1/8 teaspoon ground ginger
- 2 tablespoons chopped fresh chives

### DIRECTIONS

1. Reserve 3/4 cup of chicken broth and pour the rest into a large saucepan. Stir the salt, ginger and chives into the saucepan and bring to a rolling boil. In a cup or small bowl stir together the remaining broth and cornstarch until smooth. Set aside.
2. In a small bowl, whisk the eggs and egg yolk together using a fork. Drizzle egg a little at a time from the fork into the boiling broth mixture. Egg should cook immediately. Once the eggs have been dropped, stir in the cornstarch mixture gradually until the soup is the desired consistency.

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