

THE GOOD FOOD



Some of the charm of the delightful Oriental cuisine is re-created in this colorful setting



Chicken and Vegetables

TO PREPARE: 35 MIN.

TO COOK: 10 MIN.

- 6 tablespoons butter or margarine
- 1 clove garlic, crushed in a garlic press or minced
- 3 cups sliced fresh mushrooms
- 1 cup green-pepper squares
- 1 cup onion rings
- 1 cup sliced Chinese cabbage (celery cabbage)
- ½ cup soy sauce
- 2 tablespoons wine vinegar
- 2 tablespoons water
- 1 tablespoon cornstarch
- 2 teaspoons sugar
- 1 teaspoon rosemary leaves
- ¼ to 1 teaspoon seasoned salt
- ½ teaspoon black pepper
- ¼ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 2 cups cooked green beans, cut in 1-in. pieces
- 3 cups cooked white-meat chicken strips

1. Heat butter in a large heavy skillet. Add garlic, mushrooms, green pepper, onion, and cabbage. Cook 5 min., tossing constantly.
2. Mix together the soy sauce, vinegar, and water; blend with a mixture of the cornstarch, sugar, and other seasonings. Add to vegetable mixture and rapidly bring to boiling, stirring constantly; boil 2 to 3 min.
3. Add green beans and chicken strips; heat through. **6 to 8 servings**

Sweet and Pungent Pork

TO PREPARE: 15 MIN.

TO COOK: 45 MIN.

- ¼ cup butter or margarine
- 2 lbs. boneless pork, cut in 1½-in. cubes
- ¼ cup lemon juice
- ½ cup firmly packed brown sugar
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 3 cups (about ½ lb.) onion rings
- 1 cup green-pepper squares
- 1 tablespoon soy sauce

1. Heat butter in a large heavy skillet. Add pork and brown on all sides. Mix in the lemon juice and a mixture of the brown sugar, salt, pepper, coriander, and cinnamon. Cover; simmer about 30 min.
2. Add onion rings and green-pepper squares; cook, uncovered, until vegetables are crisp-tender and meat is thoroughly cooked. Stir in the soy sauce. Garnish and serve immediately. **6 servings**

Chinese Cabbage Soup

TO PREPARE: 20 MIN.

- 1 chicken breast (¾ lb.), cooked
- 7 cups chicken broth (or use 7 cups boiling water and 7 chicken bouillon cubes)
- 6 cups sliced Chinese cabbage (celery cabbage)
- 1 teaspoon soy sauce
- 1¼ teaspoons salt
- ¼ teaspoon black pepper

1. Cut chicken into strips about ½ in. wide and 1½- to 2-in. long. Combine with chicken broth and cook only until hot. Add Chinese cabbage and cook 3 to 4 min. (only until cabbage is crisp-tender; do not overcook).
2. Stir in the soy sauce and a mixture of the salt and pepper. Serve hot. **6 servings**

Note: If desired, lettuce may be substituted for the Chinese cabbage. Reduce cooking time to 1 min.