

Bean sprouts are a vegetable that's available fresh all year round, if you grow them yourself.

## FARM 8 **MARKET** 33521 EIGHT MILE O JUST W. OF FARMINGTON 5 LB. BAGS FRESH SLICED GROUND \$179 SLAB ROUND BACON GROUND \$ 49 ITALIAN OR POLISH \$ 169 SAUSAGE ALL MEAT SPECIALS WITH MENTION OF AD \$2<sup>59</sup>1b. **Boiled Ham** \$ 189 Provolone Cheese \$2<sup>59</sup> в. Opco Hard Salami \$ 199 Mozzarella Cheese TWO POUND LIMIT ON SLICED DELI ITEMS REUNITE \$299 COKE \$219 750 ML. poupon res 10-25-4 Phone 478-1323

## Chicken and sprouts create feast

East meets West at the dinner table — as a growing appreciation of Chinees food take hold across the United States, Chinese cookery stresses contrasts and complements in flavors and textures. Using a high proportion of vegetables to meat, Chinese dishes are less expensive than traditional Western fare.

less expensive uses.

Easy preparation and appetite appeal of Oriental cuisine makes for delightful dining at a dinner party or family gathering. It's especially appropriate for the autumn season when the Chinese celebrate their Harvest Moon Ventual

CHICKEN WITH BAMBOO SHOOTS

(4 servings) 1 tbsp. cornstarch then, soy sauce large whole chicken breast, skinned, oned and cut into 2-inch squares 2 thsp. cooking oil
36 lb. leeks, washed and silced into 1inch sections (or substitute one medium
sweet onlon, chunked)
1 cup water
1 thsp. sherry
1 thsp. soy sauce
1 can (8 or.) bamboo shoots, rinsed and
drained

frained

1 tbsp, cornstarch

2 tbsp, cold water

2 tbsp, ham, chopped, for garnish, if desired

Combine 1 tablespoon cornstarch, 2 tablespoons soy sauce. Place chicken in small bowl and pour soy sauce mixture over, sittring to cost each piece well. Heat oil in wok or large skillet placed over medium high beat. Add lecks, cook and stir until lightly browned. Remove leeks with slotted spoon and set aside. Add chicken to

**49**9

same pan and cook and stir until it turns white and opaque. Return leeks to pan. Add 1 cup water and bring to boil. Stir in sherry and re-maining soy sauce. Reduce heat; simmer, covered, 10 minutes. Add bamboo shoots and simmer, covered 20 minutes more.

bamboo shoots and simmer, covered at minutes more.

Using slotted spoon, remove chicken and vegetables to service platter, keep warm. Blend remaining cornstarch and cold water, add, sitring, to liquid re-maining in pan. Cook and stir until thekeode. Pour sauce over chicken and vegetables; garnish with minced ham.

FESTIVAL FRIED RICE (six servings)
1 then, vegetable oil
2 eggs, lightly beaten
2 then, vegetable oil
1 cup diced cooked pork
1 cup diced cooked shrimp

4 cup diced celery 2 green onloss, chopped 3 cups hot cooked rice ¼ cup say sasce ¼ tsp. ground black pepper 1 cup shredded lettace

Heat 2 tablespoons oil in large frying pan or wok placed over medium flow heat; add eggs and seramble lightly. Remove from pan; set aside. Increase beat to medium high; add remaing 2 tablespoons oil and stir in pork, shrimp, chicken, bean sprouts, green onlous and celery; cook and stir 2 minutes. Add rice, soy sauce and pep-pr, mixing throughly; continue to cook and stir until heated through. Stir in reserved eggs and lettuce; place in serving dish. Serve immediately.



**Eckrich** All Meat

9¢

Bologna

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