WELCOME THE YEAR OF THE BOAR WITH A FEAST OF CHINESE FAVORITES



February 13 is the start of the year 4681 according to the Chinese lunar calendar. It will be called the Year of the Boar (or Pig) following the custom of naming the years after the twelve animals in the Chinese zodiac.

New Year's Eve is traditionally the time for family feasting. This year what could be more appropriate than a menu featuring Red Roast Pork? The pork, the Hot & Sour Soup and the Shrimp Fried Rice are subtly flavored with soy sauce, that favorite Oriental sauce made from soybeans.

Soy Sauce is naturally browed and imparts a salty sweet-tart flavor to the dishes. Another piquant flavor-enhancer.

Teriyaki Sauce which is a combination of the soy sauce, wine and various herbs and spices, is used in the stir-fried vegetable dish on the menu.

Rice, of course, is always a staple in Chinese meals not only because it is a nutritious food but also because it is considered a good luck symbol. Consequently, rice appears in this New Year's feast not once but twice; first in the elegant Shrimp Fried Rice dish mentioned above and second in a plain version to accompany the roast

Throughout the meal, small cups of steaming hot tea, the traditional drink of the Chinese, are served. As a matter of fact, according to legend, China is where tea was discovered almost 5,000 years ago. The clean, fresh taste of tea makes it the perfect accompaniment to hot and spicy foods as well as creamy-sweet ones.

Although sweets are not a specialty of the Chinese cuisine, a New Year's celebration deserves a fitting finale .. ice cream flavored with another Oriental favorite-- and, of course, fortune cookies.

Gung Hay Fat Choy! (Happy New Year!)



HOT & SOUR SOUP

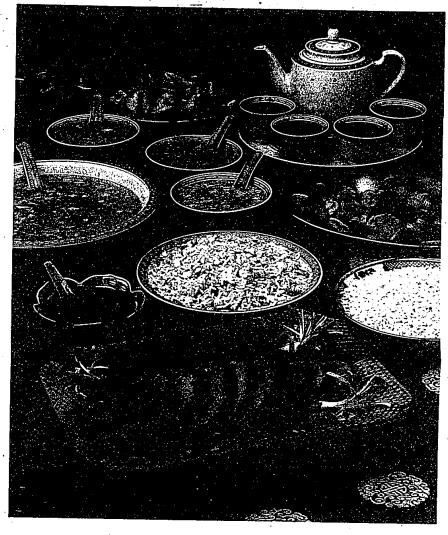
- 1 can (10-1/2 oz.) condensed chicken broth

- 2 tablespoons cornstarch
- 2 soup cans water 1 can (4 oz.) mushrooms (sliced or stems & pieces)
- 2 tablespoons white vinegar 1/2 teaspoon Tabasco pepper sauce Dash M.S.G. (optional)
 - egg, beaten 2 green onions and tops, sliced
- Combine chicken broth, water, mushrooms, cornstarch, soy sauce, vinegar, Tabasco and M.S.G. in medium saucepan. Cook over high heat, stirring constantly, until mixture comes to a boil and is slightly thickened. Pour egg into soup, stirring constantly in one direction; remove from beat. Mix in green onions, Spoon into individual soup bowls; garnish with additional chopped green onions or cilantro, as desired. Makes about 5 cups.

RED ROAST PORK WITH FLUFFY RICE

- 2 pounds boneless pork loin roast (boned, rolled and tled) 1/3 cup Soy Sauce 1/3 cup plum fam
- 1/3 cup honey
 I teaspoon minced fresh
 ginger root
 I clove garlic, minced
 3 to 4 cups hot cooked rice

Untie and unroll-pork roast. Pierce both sides of roast with fork; place in large plastie bag. Thoroughly combine suy sauce, plum jam, honey, ginger and garlie; pour fato bag over roast. Press air out; tie top securely. Turn bag over several times to thoroughly coat ment. Refrigerate 8 hours or overnight, turning bag over occasionally. Remove pork from marinade; reserve marinade. Reroll and retie roast. Place on rack placed in pan of water. Brush thoroughly with marinade. Roast in 325°F. oven 1 hour and 45 minutes or until meat thermometer inserted into thickest part registers 165°; brush several times with marinade. (Cover lightly with aluminum foil during last half hour of cooking time if roast browns too quickly, Let stand 15 minutes before slicing. Meanwhile, combine 1/2 cup remaining marinade and 1/2 cup water in small saucepan. Bring to boil and simmer 1 minute; spoon over roast and serve with rice. Makes 6 servings. Makes 6 servings.



VEGETABLE MEDLEY STIR-FRY

- 1/4 cup Teriyaki Saucc
- 1 tablespoon cornstarch 2 tablespoons water 1 pound fresh broccoli
- - 2 tablespoons vegetable oil
- I medium onion, cut in chunks 1 clove garlie, minced 1/4 pound fresh mushrooms, sliced (about 2 cups)

Combine teriyaki sauce, cornstarch and water; set aside Remove broccoli flowerets; cut in half lengthwise, then peel stalks and cut diagonally into I/8-inch thick slices. Heat oil in large frying pan or wok over high heat. Add broccoli, onion and garlie. Stir fry 4 minutes, or until vegetables are tender crisp. Stir mushrooms and teriyaki sauce mixture evenly into vegetables. Cook and stir only until sauce boils and thickens. Serve immediately. Makes 6 servings.

SHRIMP FRIED RICE

- 2 cggs
 2 tablespoons water
 2 tablespoons vegetable oil
 3 green ontons and tops,
 sliced
 - 3 cups cold, cooked rice 1/4 pound cooked shrimp, chopped 3 tablespoons Kikkoman Soy Sauce

at eggs and water together just to blend; set aside. Heat oil until hot in large frying pan or wok over medium heat. Add green onions and stif-fry 30 seconds. Add eggs and scramble. Sit in rice and cook until heated, gently separating grains. Add shrimp and soy sauce; cook and stir until thoroughly heated. Serve immediately. Makes 0 servings.

GINGER ICE CREAM

(not illustrated)

- 1 quart vanilla ice cream cup finely diced candied or crystallized ginger*
- 1-1/2*teaspoons fresh ginger juice and pulp (fresh ginger root forced through garlic press)

Place fee cream in mixing bowl. Allow to soften slightly. Fold in candied ginger and ginger juice and pulp. Spoon into freezer container. Store in freezer for 3 to 4 days to develop flavor. Makes 6 servings.

OR, substitute with 1/2 cup ginger preserve.

FOR THE VERY BEST TEA

Follow these simple rules to insure a fra-grant, refreshing brew every time. Don't guess about the amount of tea to use or the length of the brewing time.

- Use a teapot, preheating it by rinsing it out with hot water.
- Bring fresh cold tap water to a full rolling boil.
- Use enough tea 1 teabag or 1 teaspoon of tea for each cup of water (about 5 ounces of water per serving). Pour the bolling water over the tea.
- . Cover the teapot and let stand for 3 to 5 minutes.
- Serve plain as the Chinese generally do.
- Or add a couple of thin slices of fresh ginger to the pot while the tea is brewing
 ... or a few dashes of naturally brewed
 soy sauce for a distinctive Oriental flavor.

