

Chinese Cooks Note Year 4760

By ELLY

The Chinese New Year falls on Feb. 15 this year which officially marks the beginning of "Festival Year 4760" on the Oriental calendar.

Thus, another traditional American celebration, Valentine's Day also becomes New Year's Eve in 1972.

This year's celebrants bid adieu to the Year of the Boar and welcome the Year of the Rat. This follows the tradition of naming the years after animals in 12-year cycles: boar, rat, tiger, ox, horse, ram, rooster, serpent, dragon, hare, dog and monkey.

EVEN THOUGH the Chinese officially changed to the modern Gregorian calendar many years ago, as people they have been reluctant to part with the legend, lore, ritual and rite of the old calendar.

In the Chinese community, everyone claims a king-size share in the fun of the new year festival whether the celebration takes the exuberant form of fireworks in the street, a night at the theater watching old legends retold, or a family reunion.

TRADITIONAL new year's gifts are purchased - flowers, trees and rare fruits.

Food is a welcome new year's gift with oranges a special favorite. For members of one's own family, ornaments or textiles, especially silk are preferred.

From LaChoy Food Products come some recipes for those who would like to combine the two celebrations - Valentine's Day and the Chinese New Year.

CHINESE CREPES
1 pkg. (2 lb.) or 2 pkg. (1 lb.) frozen beef chow mein
1 c. beef broth
1 T. sherry
2 T. oriental sauce
1 T. cornstarch

Chopped green onions
Prepare chow mein according to instructions on the package. Prepare crepes according to the recipe below. Spoon chow mein down center of the crepes. Fold both sides of crepe over filling. Combine remaining ingredients except green onions; blend well. Simmer until clear and thickened, about five minutes. Spoon over crepes. Garnish with green onions. Makes four servings. You may substitute with chicken chow mein and chicken broth.

CREPES
2 eggs slightly beaten
3/4 c. milk
1/3 c. all-purpose flour
1/4 t. salt
1 T. melted butter

Blend eggs with milk. Add flour and salt and beat until smooth. Stir in butter. Refrigerate batter at least two hours. Heat a 6 1/2 to seven-inch crepe or fry pan until a few drops of water sizzle and roll around in pan. Lightly brush with cooking fat. Holding pan above heat, add two tablespoons of batter to the middle of the pan. Immediately tilt the pan so the batter spreads evenly over the bottom of pan. Cook over medium heat until top is dry and bottom is lightly browned, about one minute. Flip crepe over with either spatula or your fingers. Cook on second side for a few seconds. Tip crepe out, onto a plate. Cook crepes, one by one, until batter is used, brushing pan with fat as needed. As the crepes are cooked, stack them on top of each other. If not to be used at once, place cooked crepes on plate separated by waxed paper. Wrap in aluminum foil. Keep warm. Makes eight crepes.

SWEET AND SOUR STUFFED PEPPERS

Cut four large green peppers in half, crosswise. Remove stems and seeds. Preboil in a small amount of boiling, salted water about five minutes. Drain well. Fill pepper cups half full with hot, cooked rice. Prepare one package (one pound) frozen sweet and sour pork according to package directions. Spoon over rice in pepper cups. Serve hot. Makes four servings.

SHRIMP CHOW MEIN
PATTY SHELL
Prepare one package (one pound) frozen shrimp chow mein according to the directions on the package. Bake four frozen patty shells according to directions on package. Fill with hot shrimp chow mein. Makes four servings.

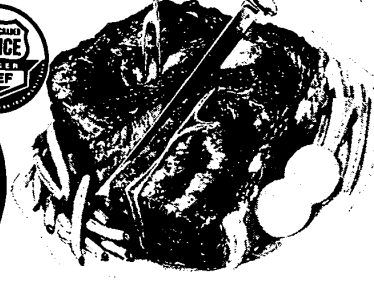


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