

A CHINESE NEW YEAR CELEBRATION FEAST



Share in the spirit of the Chinese New Year's festival this January 29th by planning a celebration feast.

This festive and easy to prepare menu uses classic Oriental seasonings and cooking techniques to transform American favorites—pork and rice—into a traditional Chinese buffet.

Our centerpiece entree features elegant and distinctive "Glazed Pork Tenderloins". The glazing is deliciously easy with bottled Teriyaki Baste & Glaze. The Oriental flavor of these succulent tenderloins is heightened by the addition of crushed anise seed and cloves.

It's no surprise that versatile pork, nutritious and flavorful, is one of the favorite meats of China. Pork is now leaner and meatier with more protein and fewer calories. In fact, an ounce of lean cooked pork has only about 70 calories.

Serve hearty portions of tender and fluffy white rice with the main dish. Rice always plays an important role in every Chinese New Year's celebration. In fact, the Chinese set aside an entire day of the New Year to commemorate the first planting of rice.

Known for centuries as a symbol of good luck in China, rice is also recognized worldwide for its nutritional value. Rich in complex carbohydrates and low in sodium and fat, rice contains a mere 82 calories per half cup.

Following tradition, a "Mustard-Soy Dipping Sauce" is served with the pork. Be sure to try a small taste first. If hot mustard isn't for you, try a sprinkling of naturally brewed Soy Sauce right on the pork.

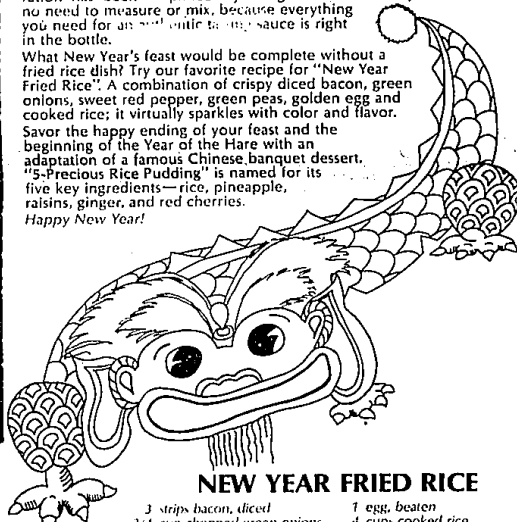
A graceful "Cucumber Fan Salad" surrounds the sliced tenderloins. The authentic Chinese dressing features sesame seed, cayenne, vinegar, and naturally brewed soy sauce. The taste of brewed soy sauce guarantees a spritely dressing so tantalizing you'll know why the Chinese have relied on brewed soy sauce as their premier condiment for centuries.

We've included another classic banquet dish, "Cashew Pork Stir-Fry". Preparation has been simplified by using bottled Stir-Fry Sauce. There's no need to measure or mix, because everything you need for an authentic stir-fry sauce is right in the bottle.

What New Year's feast would be complete without a fried rice dish? Try our favorite recipe for "New Year Fried Rice". A combination of crispy diced bacon, green onions, sweet red pepper, green peas, golden egg and cooked rice; it virtually sparkles with color and flavor.

Savor the happy ending of your feast and the beginning of the Year of the Hare with an adaptation of a famous Chinese banquet dessert. "5-Precious Rice Pudding" is named for its five key ingredients—rice, pineapple, raisins, ginger, and red cherries.

Happy New Year!



GLAZED PORK TENDERLOIN

- 2 pork tenderloins, about 3/4 pound each
- 1/2 cup Teriyaki Baste & Glaze
- 1/4 teaspoon anise seed, crushed
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cloves
- Mustard-Soy Dipping Sauce*

Place tenderloins on rack in shallow foil-lined roasting pan; tuck thin ends of each tenderloin under. Combine teriyaki baste & glaze, anise, pepper and cloves; brush each tenderloin thoroughly with glaze. Bake in 325°F oven 1 hour, or until meat thermometer inserted into thickest part registers 160°; brushing occasionally with glaze mixture. Remove from oven and let stand 15 minutes. Cut across grain into thin slices and serve with Mustard-Soy Dipping Sauce. Makes 4 to 6 servings.

*Mustard-Soy Dipping Sauce: Blend 2 tablespoons dry mustard with 1 teaspoon each distilled white vinegar and water to make a smooth paste. Cover and let stand 10 minutes. Thin with enough naturally brewed Soy Sauce to dipping consistency.

CASHEW PORK STIR-FRY

- 3/4 pound boneless lean pork
- 1 tablespoon Stir-Fry Sauce
- 3 tablespoons vegetable oil, divided
- 2 stalks celery, cut diagonally into 1/2-inch slices
- 1 onion, chunked
- 1 large green pepper, chunked
- 1/4 pound mushrooms, sliced
- 2 medium tomatoes, chunked
- 1/4 cup Stir-Fry Sauce
- 1/4 cup salted roasted cashews, hot cooked rice

Cut pork across grain into thin slices; combine with 1 tablespoon stir-fry sauce. Heat 1 tablespoon oil in hot wok or large skillet over medium-high heat. Add pork and stir-fry 3 minutes; remove. Wipe out pan with paper towel and heat remaining oil in same pan over high heat. Add celery, onion and green pepper; stir-fry 2 minutes. Add mushrooms and stir-fry 2 minutes longer, or until vegetables are tender-crisp. Add pork, tomatoes and 1/4 cup stir-fry sauce. Cook and stir until tomatoes are heated through. Just before serving, sprinkle cashews over pork and vegetables and serve with fluffy rice. Makes 4 to 6 servings.

CUCUMBER FAN SALAD

- 2 large cucumbers
- 1 teaspoon salt
- 1 teaspoon sesame seed
- 2 tablespoons vegetable oil
- 1/8 teaspoon ground red pepper (cayenne)
- 1/4 cup distilled white vinegar
- 2 tablespoons sugar
- 1 tablespoon naturally brewed Soy Sauce

Trim and discard ends off each cucumber, then peel lengthwise with vegetable peeler to form stripes. Cut each cucumber in half lengthwise; remove seeds. Slice each half crosswise into 1-inch pieces. Score each piece crosswise, making cuts close together to within 1/4-inch of edge. Place cucumber in bowl and sprinkle evenly with salt; let stand 30 minutes, tossing occasionally. Meanwhile, toast sesame seed in small dry skillet over medium-high heat. Remove from heat and stir in oil and red pepper; cool. Blend vinegar, sugar and soy sauce; stir into sesame-oil mixture. Rinse cucumber pieces, drain and pat dry; return to bowl. Pour dressing over cucumbers and toss to coat well. Cover and refrigerate 1 hour, stirring occasionally. Remove cucumbers from dressing. Gently spread each piece to form a fan and arrange on serving dish. Makes 6 servings.

5-PRECIOUS RICE PUDDING

- 1 package (4-1/2 oz.) egg custard mix
- 2-1/4 cups milk
- 1 can (8 oz.) crushed pineapple in juice
- 1-1/2 teaspoons vanilla extract
- 3/4 teaspoon ground ginger
- 2 cups cooked rice
- 1/2 cup seedless raisins
- Whipped cream
- Maraschino cherries

Combine custard mix, milk, pineapple and juice, vanilla and ginger in large saucepan; cook according to package directions. Remove from heat and stir in rice and raisins. Divide equally into eight 1/2-cup custard cups; cool slightly. Refrigerate at least 1 hour, or until thoroughly chilled. To serve, run knife around edge of each cup and turn out onto dessert plate. Garnish each pudding with dollop of whipped cream and maraschino cherry. Makes 8 servings.

NEW YEAR FRIED RICE

- 3 strips bacon, diced
- 3/4 cup chopped green onions and tops
- 1/3 cup diced red bell pepper (optional)
- 1-4 cup frozen green peas, thawed
- 1 egg, beaten
- 4 cups cooked rice, chilled
- 2 tablespoons naturally brewed Soy Sauce

Cook bacon in wok or large skillet over medium heat until crisp. Add green onions, red pepper and peas; stir-fry 1 minute. Add egg and scramble. Stir in rice and cook until heated, gently separating grains. Add soy sauce; cook and stir until thoroughly heated. Serve immediately. Makes 4 to 6 servings.

FIVE STEPS TO PERFECT RICE

1. Carefully measure the amounts of rice and liquid.
2. Time cooking accurately.
3. Keep the lid on tightly during cooking.
4. At the end of the cooking time, if the rice is not quite tender or the liquid is not totally absorbed, cook 2 to 4 minutes longer.
5. When the rice is cooked, fluff with a fork to allow steam to escape and to keep the grains separate.

HOW TO PREPARE PERFECT RICE

Use the easy-to-follow directions on the rice package or follow this simple recipe and chart.

Combine 1 cup rice with indicated amount of liquid in a 2 to 3-quart saucepan. If desired, add 1 teaspoon salt and 1 tablespoon butter or margarine. Heat to boiling. Stir once or twice. Lower heat to simmer; cover tightly. Cook as directed below.

1 cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-Milled Long grain	1-3/4 to 2 cups	15 min.	3 cups
Regular-Milled Medium or short grain	1-1/3 to 1-1/2 cups	15 min.	3 cups
Brown	2 to 2-1/2 cups	45 to 50 min.	3 to 4 cups
Parboiled	2 to 2-1/2 cups	20 to 25 min.	3 to 4 cups