

Celebrate
Year Of
The Boar

By ELLY

Today marks the end of the "Year of the Dog" and the beginning of "The Year of the Boar," according to the ancient Oriental calendar. The date of the Chinese New Year changes every year, but always falls between Jan. 21 and Feb. 11. It arrives with the second new moon after the winter solstice, the shortest day of the year.

The final day of the old year is always one of hustle and hurry. Men of the family visit distant relatives and friends while the women busy themselves in the kitchen. All food preparation is finished this day because using any knife or sharp instrument on New Year's Day is thought to cut the coming year's good luck pattern.

At midnight cries of "Gung Hoi Fat Toy" (Happy New Year) and "La Choy" (good luck) ring through the household as young and old exchange good wishes and welcome the good influences and power that come with each new year.

From home economists at La Choy Food Products come these new recipes that add the distinctive Chinese style flavor to traditional American favorites.

PORK CHOPS ORIENTAL
3 loin pork chops.
2 1/2-inch thick.
1 c. butter.
2 c. chicken broth.
Pan drippings.
Chicken broth.
1 pkg. (7 oz.)
frozen pea pods, thawed.
3 green onions.
cut in 1/2-inch pieces.
1 c. sliced water chestnuts.
2 stalks celery.
cut in 1/2-inch pieces.
1 c. sliced fresh mushrooms.
1 red bell pepper, cut into 1/2-inch pieces, blanched.
2 cloves garlic, crushed.
1/4 c. cornstarch.
1 T. soy sauce.
1 t. bead molasses.
1/4 c. dry white wine.
Brown chops in two tablespoons butter; add two cups chicken broth. Simmer, covered, 45 minutes or until tender. Remove chops from pan; keep warm. Combine pan drippings and broth to make two cups; set aside. Melt remaining butter in saucepan; stir in pea pods, green onions, water chestnuts, celery, mushrooms, bell pepper and garlic. Heat just until hot. Combine pan drippings, cornstarch, soy sauce and bead molasses. Cook over low heat until thickened and clear, about five minutes; add wine. Stir into vegetable mixture. Place chops on heated serving platter. Spoon on vegetables. Makes eight servings.

PORK SESAME
1 lb. lean pork.
cut into 3/4-inch pieces.
1 c. soy sauce.
1/2 c. dry sherry.
Batter:
1 egg, beaten.
1/4 c. flour.
1/4 c. cornstarch.
1/2 c. chicken broth.
Cooking oil.
Sauce:
1 c. chicken broth.
1 can (15-16 oz.) pineapple chunks, drained.
1/2 c. pineapple syrup.
1/2 c. cider vinegar.
1/2 c. packed brown sugar.
2 t. soy sauce.
2 T. bead molasses.
2 T. cornstarch.
1/4 c. water.
2 green peppers, cut into 1/2-inch pieces, blanched.
1 c. sliced water chestnuts.
2 carrots, pared, but into 1/2x2-inch pieces, cooked.
1 T. toasted sesame seeds.
chow mein noodles.
Combine pork, soy sauce, and sherry; marinate in refrigerator two hours. Drain. Combine ingredients for batter; stir in pork pieces. Drain. Heat oil to 375 degrees. Deep fat fry meat until golden brown; drain on absorbent paper. Fry meat one minute longer to keep it crisp; drain. Combine chicken broth, pineapple syrup, vinegar, brown sugar, soy sauce and molasses; heat until sugar dissolves. Mix cornstarch with water; stir into brown sugar mixture. Cook on low heat until thickened. Blend in pork, pineapple, green pepper, water chestnuts, carrots, garlic, and sesame seeds. Heat until hot. Serve over chow mein noodles. Makes four to six servings.



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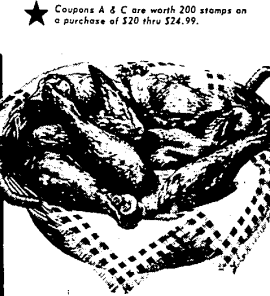
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10¢
EA

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