

# SAVEUR

*Savor a World of Authentic Cuisine*

Apr 17, 2014

## Egg Foo Yung

The chefs at Shun Lee West in Manhattan have a great trick for forming egg foo yung: They use a wok ladle to place the egg mixture into the oil so that it sets in the shape of the ladle's bowl. This recipe first appeared in our April 2013 issue, along with Mei Chin's article *Orient Express* (<http://www.saveur.com/article/kitchen/Orient-Express-Egg-Foo-Yung>).

MAKES 8 OMELETTES

### INGREDIENTS

#### FOR THE SAUCE:

- 1 cup chicken stock
- 3 tbsp. soy sauce
- 2 tbsp. oyster sauce
- 1 tbsp. dry sherry
- 1 tbsp. cornstarch
- 2 cloves garlic, thinly sliced
- 1 1/2" piece ginger, peeled and thinly sliced

#### FOR THE EGG FOO YUNG:

- 1/2 lb. ground pork
- 3 tbsp. soy sauce
- 3 tbsp. cornstarch
- 1 1/2 tsp. rice wine vinegar
- 1 tsp. dry sherry
- 1 tsp. plus 1 tbsp. sesame oil
- Kosher salt and ground black pepper
- 1 tsp. canola oil, plus more for frying
- 6 oz. raw shrimp, peeled, deveined, and finely chopped
- 1/2 cup water chestnuts, finely chopped, drained and squeezed dry
- 1/3 cup bean sprouts
- 1/3 cup sliced scallions, plus more for serving
- 6 eggs, beaten

### INSTRUCTIONS



*Credit: Todd Coleman*

1. Make the sauce: Bring stock, 3 tbsp. soy sauce, the oyster sauce, 1 tbsp. sherry, 1 tbsp. cornstarch, the garlic, and ginger to a boil in a 1-qt. saucepan over high heat. Cook, whisking, until thickened, 2-3 minutes; strain sauce and keep warm.
2. Make the Egg Foo Yung: Mix pork, 2 tbsp. soy sauce, 1 tbsp. cornstarch, the vinegar, 1 tsp. sherry, 1 tsp. sesame oil, salt, and pepper in a bowl; set aside for 10 minutes. Heat 1 tsp. canola oil in an 8" nonstick skillet over medium-high heat. Add pork mixture; cook, stirring and breaking up meat, until it is no longer pink, 3-4 minutes. Using a slotted spoon, transfer pork to a bowl; set aside.
3. Pour canola oil into a 6-quart saucepan to a depth of 2". Heat until a deep-fry thermometer reads 350°. Combine remaining soy sauce, cornstarch, and sesame oil, plus reserved pork, the shrimp, water chestnuts, bean sprouts, scallions, eggs, salt, and pepper in a bowl. Using a ladle and working in batches, gently lower ½-cup amounts of egg mixture into oil; cook, flipping once, until omelettes are puffed and brown, 1½-2 minutes. Using a slotted spoon, transfer omelettes to paper towels. Serve drizzled with reserved sauce; garnish with scallions.