

Chinese Omelet

- 1 small white onion, chopped
- 1 c. diced ham
- 1 handful bean sprouts
- 1/2 Tbl. light soy sauce

2 eggs

1 tsp. salt

2 Tbl. vegetable oil

Sauce: 1/2 c. chicken stock
2 tsp. thick soy sauce
Dash of sugar
2 tsp. cornstarch

1. Combine onion, meat, soy sauce, and salt.
2. Beat eggs until light. Add eggs to the onion mixture.
3. Heat the oil in a frying pan and slowly pour in the egg mixture. When the omelet gets a little puffy and the underside is golden brown, add the bean sprouts. Flip the omelet and cook until the other side is brown, too.
4. As the omelet is cooking, mix all the sauce ingredients together in a saucepan and bring to a ~~1~~ boil. Pour the sauce over the omelet or serve separately.

Modified slightly from The Young Chef's Chinese Cookbook (2001)