

Chopsticks,  
cleaver, and  
Wok: Homestyle  
Chinese Cooking  
by Jennie Lou,  
Chronicle Books,  
San Francisco,  
1987

## BEAN SPROUTS WITH MIXED VEGETABLES

(Chow Ngah Choy)

1. Peel celery. Cut into  $1\frac{1}{2}$ " pieces. Cut each piece lengthwise into strips, julienne style.
2. Remove seeds from bell pepper. Cut into strips 1" by  $\frac{1}{4}$ ".
3. Combine thickener ingredients and mix well.
4. Heat wok and add oil. Quickly add all vegetables and stir-fry for 2 minutes over high heat.
5. Add salt, sugar, and chicken stock. Bring to a boil.
6. Stir in thickener. Cook for 30 seconds. Serve.

*Advance preparation:* Steps 1 and 2 may be completed the night before and refrigerated.

Can omit.  
2 stalks celery  
1 red or green bell pepper  
2 green onions, slivered  
2 tbsp. oil  
1 lb. bean sprouts  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. sugar  
 $\frac{1}{2}$  c. chicken stock

### Thickener:

1 tbsp. cornstarch, mixed well with 2  
tbsp. cold water  
1 tbsp. dark soy sauce  
1 tbsp. sesame oil  
1 tbsp. oyster sauce

Serves 6