

BASIC RECIPE FOR STEAMED MINCED PORK
(Jing Ger Yook Bang)

- 1 lb. Pork Butt or Pork Steak, preferably minced fine with cleaver, or ground fine
- 4 fresh Water Chestnuts (Mah Tai), peeled and chopped. May be omitted if none on hand.
- 1 tsp. cornstarch
- 1/2 tsp. salt
- 1 Tbl. soy sauce
- 1 tsp. salad oil

Dice pork into small pieces; add chopped water chestnuts and mince together with cleaver until very fine. Add cornstarch, salt, soy sauce, oil. Mix thoroughly. Put in deep platter or shallow dish, shaping mixture to form a thin pancake. Steam 45 minutes.

This basic recipe is varied by the addition of various seasonings and foods, some of which are listed below. The amounts are only approximate. These ingredients are chopped and minced together with the pork and water chestnuts; then proceed as in the above basic recipe.

1. 5 large dried Chinese mushrooms, pre-soaked 2 hours.
2. Ham, 1/4 lb.
3. Mushrooms and 1/4 lb. ham.
4. Mushrooms, 2 Chinese Sausages (Lop Cheung).
5. 1 pc. Salted Cabbage (Chung Choy), 1"x2".
6. 2 Chinese Sausages, 1 small pc. Chung Choy.
7. 2 Chinese Sausages, 1/4 lb. ham, chung choy.
8. Duck Feet and Liver (Op Guerk Fow), 2. Wash. Chop duck liver and binding strands together with pork and water chestnuts. After all minced and seasoned, place duck feet on top of meat pattie. (continued next page)

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The following are placed on top of the Basic Recipe for minced pork and steamed:

1. Salted duck eggs, 2. Break over minced pork mixture and steamed. Less salt and soy sauce in pork as eggs are salty.
2. Salted Fish (Hom Yue), 2 pcs. as in No. 14 recipe for Pork Strips and Salted Fish. Omit water chestnuts from basic recipe. Put salted fish on top of minced pork, add shredded ginger root, 1 Tbl. oil and steam.

STUFFED MUSHROOMS WITH PORK (Yeung Dung Goo)

The basic recipe and Nos. 1 through 7 of the foregoing Minced Pork recipes may be used to stuff mushrooms. Pre-soak about 20 medium size dried Chinese mushrooms. Mold about 1 Tbl. of minced pork mixture on each mushroom. Place on steaming dish, pork side up. Steam 45 minutes.

STUFFED GREEN PEPPERS WITH PORK (Yeung Lot Jew)

The basic recipe and Nos. 1 through 7 of the foregoing Minced Pork recipes may be used to stuff Bell Peppers. Cut peppers in quarters and stuff. Steam 45 minutes.

STUFFED HAIRY MELON WITH PORK (Yeung Dun Jit Gwai)

The basic recipe and Nos. 1 through 7 of the foregoing Minced Pork recipes may be used to stuff the older Hairy Melons (Jit Gwai), ones that were kept on the vine longer than the ones used for soup or vegetable dishes. Scrub outer peel, cut melon in half lengthwise. Scoop out seeds. Stuff with minced pork. Steam for about 1½ hours until done.

STUFFED BITTER MELON WITH PORK (Yeung Foo Gwai)

The basic recipe and Nos. 1 through 7 of the foregoing Minced Pork recipes may be used to stuff Bitter Melon. Cut in 1 1/4" rounds, remove seeds and fibers. Dip melon rounds in mixture of oil, soy, and little sesame oil. Stuff with minced pork mixtures and steam 45 minutes.

STUFFED FRIED BEAN CURD CAKES WITH PORK (Yeung Dow Foo Pok)

Rinse the Dow Foo Pok cubes with running hot water. Cut in half. Stuff with the basic recipe and Nos. 1 through 7 of the foregoing Minced Pork recipes. Steam 45 minutes.