

Treasured Recipes from Two Cultures -
American and Chinese, Women's Society
of Christian Service, St. Mark's United
Methodist Church,
Stockton, CA,
1969

BASIC RECIPE FOR STEAMED PORK STRIPS
(Jing Ger Yook)

- 1 lb. Pork Butt or Pork Steak, sliced in 1/8" thin strips, 2" wide, 1/2" thick
1 tsp. Cornstarch
1/2 tsp. salt
1 Tbl. Soy Sauce
1 tsp. Salad Oil
dash of sugar

← 1 tsp. sherry

Mix the pork strips with all ingredients. Put in a shallow bowl or Pyrex casserole, 2 qt. size, and 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 approximate for a guide. After the pork has been mixed as in above recipe, the following ingredients are placed on top of the pork strips and mixed in:

1. Chinese Salted Cabbage (Chung Choy). Washed and cut in small pieces. About 1 1/2 Tbl.
2. Pickled Cabbage (Mui Choy). Washed and cut in small pieces. About 1 1/2 Tbl. Add half Bell Pepper, sliced.
3. Spicy Salted Cabbage (Char Choy). Same as No. 2 Pickled Cabbage.
4. Ung Choy (another salted cabbage with garlic flavor). About 1 1/2 Tbl. Rinse in sieve and drain dry.
5. Preserved Sweet White Cucumber (Cha Gwai). Wash, flatten with cleaver and slice in very thin slivers. About 6 to 7 Cha Gwai.
6. Dried Lilies (Gum Jum) and Cloud Ears Fungus (Wun Yee). 1/3 cup Gum Jum, presoaked an hr. 2 Tbl. Wun Yee, soaked 2 hours in water with salt and oil to help clean. Wash several times. Drain dry.

(continued next page)

STEAMED PORK STRIPS (Page 2)

7. Dried Chinese Mushrooms, 6 large size.
Presoaked 2 hours and sliced.
8. Ham, small pieces. May also add presoaked sliced Chinese mushrooms.
9. Chicken and ham, small pieces or diced.
Mushrooms also may be added.
10. Chinese Sausages (Lop Cheung), 2, rinsed and sliced in 1/4" thin diagonal strips; and dried Chinese mushrooms, about 5, presoaked 2 hours and sliced.
11. Pean Cake (Foo Yue), 1 1/2 cakes. Mashed with 1/2 tsp. sugar and mixed in with pork. Soak small piece of dried Tangerine Peel (Kwo Pay), scrape clean and cut in slivers. Put on top of pork.
12. Shrimp Sauce (Hom Hah). Mix in about 1 Tbl. and top with 1 Tbl. shredded fresh ginger.
13. Dried Squid (Yow Yue). 4 small squid. Soak about 15-20 minutes. Rinse and clean. Slice in thin slivers and place on top of pork. Sprinkle 1 Tbl. salad oil over squid.
14. Salted Fish (Hom Yue). There are many varieties of Hom Yue and this is a favorite dish. More or less fish according to taste. Suggest two pieces each measuring approx. 1 1/2" x 4". Wash salted fish thoroughly, clean off scales, if any. Place on top of pork, add 2 Tbl. shredded fresh ginger root. Pour 1 Tbl. salad oil over fish.
15. 1/4 cup Szechuen preserved vegetables (shredded).
~~any~~ Chrysanthemum Brand is good.

BASIC R

1 lb. Pork
fine
4 fresh Wa
chop;
1 tsp. corn
1/2 tsp. sa
1 Tbl. soy
1 tsp. sala

Dice pork i
chestnuts a
very fine.
Mix thorough
dish, shapir
Steam 45 min

This basic r
various seas
listed below
These ingredi
with the porl
as in the abc

1. 5 large c
2 hours.
2. Ham, 1/4
3. Mushrooms
4. Mushrooms
5. 1 pc. Salt
6. 2 Chinese
7. 2 Chinese
8. Duck Feet
Chop duck
with pork
minced and
of meat pa