

Spinach (6 servings)

1½ lb. spinach

¼ lb. meat

Wash spinach and pick off leaves. Cook a few minutes. Squeeze out the water. Chop meat fine and fry with pepper, salt, chopped onion (1), garlic (½ piece), bean sauce (2 T.) (can buy as "chopsuey sauce" in America), sesame seed (1 tsp.), sesame oil (½ tsp.) and red peppers chopped finely. Add to spinach and season with additional sesame oil and seed and red peppers if needed.

Bean Sprouts

Remove ends from bean sprouts. Boil a few minutes in a small amount of water and bean sauce, covering to allow the sprouts to steam. Remove from the fire and turn the sprouts over. Cover and let cook 4 or 5 minutes. Add chopped onions, sesame seed, red peppers and oil. Mix well. Chopped (fried) meat may be added as in spinach.

Soup - Beef and Turnip (Serves 3)

Beef ½ lb.

Oil ¼ tsp.

Sesame ½ tsp.

2 small turnips

2 or 3 T. chang

Speck black pepper

Green onion 1

Egg

Water 4 or 5 cups

Wash the meat well. Wash turnips and cut in quarters. Add water to meat and turnips and cook slowly for several hours until the meat is tender. Remove meat and turnips and dice in rather large pieces. Chop onion finely and add to the meat, also sesame seed, chang, pepper, oil. Mix all together. Put back in soup and re-heat before serving.

Separate egg white and yolk. Beat each separately and fry separately by putting small amount in skillet and circling it over the bottom of skillet. Cut in very narrow strips and decorate each bowl of soup.

Potato Soup (Serves 3)

3 medium potatoes

8 grams (1/3 lb.) beef

Chang

Speck of sugar

Pepper

1 bunch green onions

Sesame oil

Sesame seed

Wash and grind up beef. Chop onions fine and add meat also sesame oil, seed, pepper and speck of sugar. Squeeze the seasonings into the meat with the fingers and put into skillet and fry slowly. Add 4 or 5 cups water and boil. Add potatoes which have been washed, peeled and diced. Add equal amount of green onions and cook until all is tender.

Meat Ball Soup (Serves 3)

Beef ½ lb.

Bean curd 2/3 cake

Pepper - speck

Sesame seed

Sesame oil 1 T.

Onion 1

Mushrooms 5

Chang 1 T.

Egg 1

Divide the meat and chop the most tender part very fine. Put bean curd in a cloth and squeeze out the water. Cut fine and add to the meat. Add seasonings: chopped onion, sesame, pepper, chang and oil and mix well with the meat. Make into small balls the size of a marble, roll in egg and flour and fry in oil.

(continued)

Meat Ball Soup (continued)

Cut the remaining meat in 1 inch pieces. Add seasonings of onion, sesame seed and oil, pepper, chang and boil all in 4 cups of water. When meat is tender remove from liquid. Wash and slice up mushrooms. Fry in oil. Add to the liquid, put in the meat balls and reheat.

Prepare egg by separating white and yolk. Beat each slightly and separately and fry by putting small amount into skillet and circling over the bottom of pan. Cut in diamond shape and decorate the top of each bowl of soup.

Seekai (10 to 15 servings)

Rice 2 c.	Barley flour 2 c. (made by grinding the
Water 5 c.	sprouts from the barley.)
Sugar - small amount	Pine nuts

Boil the water and cool to luke-warmth. Add the barley flour all at once and stir well. set aside for 2 hours, and then run through sieve and let stand.

Cook the rice and put while hot in a covered bowl. Immediately add liquid from the barley flour and cover at once. Let set 10 hours. The rice comes to the top.

When serving use 1 c. water and 2 T. sugar and mix with 1 T. of the above mixture. Add pine nuts as desired.

Yaksik (5 Servings)

Glutinous rice 2 c.	Black chang $\frac{1}{2}$ T.
Brown sugar 10 T.	Chestnuts
Sesame oil 2 T.	Dates

Remove shells from chestnuts and cut in this way . Wash dates (Korean) well, remove seeds and cut in thin slices. Wash rice, cover with water and allow to stand 3 hours. Drain off most of the water and steam the rice. When done mix in oil and sugar being careful not to break rice grains. Add chestnuts, dates, chang and mix well. Put in steamer using large amount of water in lower part of steamer. When steam forms slowly reduce the heat. After a half hour again increase heat then slowly reduce it. Repeat three times. Long cooking makes a deep rich brown color which is desirable.

Before serving sprinkle with cinnamon and decorate with pine nuts.

Dried persimmons or sweet potatoes may be substituted for the chestnuts. In steaming keep mixture rounded in middle and away from pan.

Pippin Pop (3 Servings)

Rice 2 c.	Bean sprouts 1 c.
Beef $\frac{1}{4}$ lb.	Carrot 1
Turnip 1	Celery 2 c. (cut up)
Egg 1	Onion 1
Sesame seed and oil (small amount)	

Wash the rice, add $2\frac{1}{4}$ c. water and cook until done. Cut up the meat fine, and add oil, sesame seed, chang, chopped onion, and work into meat with fingers. Fry in skillet.

Pick over bean sprouts removing ends and boil in water. Save the water for soup. Add oil, chang, chopped onion and sesame to the bean sprouts and mix well. Reheat. Cut up carrot and fry in sesame oil. Cut up turnip, mix with chang, sesame oil, chopped onion, sesame seed and fry. Cut celery in 1 inch pieces, wash well and sprinkle with salt. Let stand 20 minutes, drain and fry. Separate egg and fry each part separately. Cut in fine strips.

When serving, put a spoonful of each prepared vegetable on the top of a bowl of rice and decorate with egg. Serve a hot meat soup with "pippin pop."

CHINESE FOOD

Beef Dempora I

Cut beef in thin slices. Season with salt. Mix potato flour with enough water to make a thin mixture and roll pieces of Beef in it. Fry in deep fat.

Beef Dempora II

Same as above. For one pound of beef prepare one onion and one carrot by slicing thin. Fry in 1 tbsp. peanut oil. Add 2 T. water, 1 T. chopsuey sauce, 1 T. vinegar 2 T. sugar. Cook together than thicken slightly with beef (above) and sorvo with rico. (Chicken Dempora may be made same as above.)

Pork Dempora

Cut pork in small pieces. Roll in potato flour that has been mixed with water, season with salt and fry in deep fat.

Pork with Vegetables

Cut pork into small pieces (1 in. square) and fry in peanut oil. Slice equal portions of onion, bamboo and mushrooms and add to the pork. Add 1 T. water, 1 T. chopsuey sauce for each cup of mixture. Thicken with small amount of potato flour. When done mix with pork and serve with rice.

Pork Sandwiches

1 lb. pork chopped	1 T. chopsuoy sauce
2 egg yolks	1 T. oil
salt, popper	

(aji-no-moto -- Japanese seasoning)

Cut slices of bread through the middle leaving one side connected. Put in a spoonful of meat mixture and press bread together. Fry in deep fat until brown. Sandwiches should be $1\frac{1}{2}$ to 2 inches square.

Beef and Pork

Chop equal portions of beef and pork and brown in small amount of peanut oil. Add an equal amount of sliced onions and chopped cabbage. Cook until tender. Season with aji-no-moto and ginger root. Thicken if necessary.

Chicken and Vogetables

Clean and chop chicken into 1 in. pieces. Mix two beaten eggs with chicken and roll in potato starch which has been mixed with water. Fry in deep fat.

In a small amount of oil brown equal portions of bamboo and mushrooms (use more in proportion to chicken). When brown add chicken. Season with salt, aji-no-moto and heat together.

Chicken and Peppers

Clean, bone, and cut chicken up into 1 in. squares. Fry in deep fat. Cut up equal portions of green peppor, bamboo shoots and mushrooms. Cook together with 1 T. chopsuey sauce, 1 T. water and 1 T. peanut oil. Add chicken. Chicken with potato starch when all is tender.

Fish I

Prepare a fish by removing all the scales and fins. Cut the fish crosswise every inch along the sides. Rub with potato flour that has been soaked in water. Fry in deep fat.

Make a sauce with 1 sliced onion, 1 sliced carrot, $\frac{1}{2}$ c. cooked peas, 1 T. chopsuey sauce, 1 T. sugar, 1 T. peanut oil, 2 T. water. Brown onions and carrots then add other ingredients and cook together. Thicken if necessary with potato starch and pour over the fish.

Fish II

Cut prepared fish into 2" x 2" x $\frac{1}{3}$ ". Roll in egg white and season with salt and aji-no-moto. Fry in deep fat. Cook peas and chopped mushrooms together in equal portions. When done add evaporated milk to thin the mixture. Then thicken with small amount of potato flour. Add fish and reheat slowly.

Sweet Potatoes

Cut up potatoes in 1" pieces. Fry in deep fat until brown. Make a syrup of 1 T. 1 T. oil, $\frac{1}{2}$ c. sugar and $\frac{1}{3}$ c. water. Cook until brown, stirring constantly. Add potatoes and mix quickly in syrup and pour out at once.

Rice (2 Servings)

Rice 1 c.

Water $1\frac{1}{4}$ c.

Wash rice five or six times until the water is clear. Add the water cold, cover tightly and bring to a boil. Reduce the heat and let steam for 20 minutes. Do not stir or remove the lid while cooking.

Fried Rice

1 c. rice

Water $1\frac{1}{4}$ c.

Prepare rice as above. Do not stir and do not remove lid. Scramble an egg. Add 3 T. cooked meat or fish, 2 T. chopsuey sauce, salt, and $\frac{1}{4}$ c. cooked peas. Cook together. Add cooked rice and fry slightly.

Egg Roll

2 c. chopped onions
1 c. mushrooms
1 c. chopped bamboo shoots
2 T. cooked ham (chopped)

3 c. chopped pork
2 T. chopsuey sauce
Salt, pepper, aji-no-moto
Eggs 3 - Mix all together.

Break 15 eggs in a bowl. Add $\frac{1}{2}$ c. flour and season with salt, and pepper. Beat eggs with chopsticks. Oil a skillet slightly and add $\frac{1}{2}$ c. of egg mixture rolling it around skillet until it makes a thin, flat cake. Turn over and cook on both sides. Cut in halves. Mix flour and water to make a paste. Spread paste around round edge of egg ring. Put the mixture along the straight edge and fold over into a roll. Steam 15 minutes. Fry in deep fat. Cut in pieces and serve.

Jing Kyo Jo (Meat Dumplings)

1 head cabbage
1 lb. beef
1 bunch green onions

1 T. vinegar
1 T. chopsuey sauce
Salt, pepper

Chop and mix all together. Mix 3 c. flour with boiling water to the consistency of bread. Knead and roll out in a long roll. Cut off in 1 inch pieces and roll each into a flat circle. Put one spoonful of meat mixture into each circle and fold over pressing edges together. Steam 15 minutes then fry slightly in a little oil.