
Sai Foon De La Maison De Oesch

John W Oesch - Hudson's Battle Creek

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

3 packages (1.8 ounce ea) aka sai foon (bean thread)

boiling water

1 package (1 ounce) dried black mushrooms

2 eggs

8 ounces boneless chicken breasts, cut in strips

8 ounces pork tenderloin, cut in strips

1 tea, chopped garlic

peanut oil

8 ounces broccoli, cut on the diagonal

8 ounces asparagus, cut on the diagonal

8 ounces celery, cut on the diagonal

2 packages (6 ounces ea) frozen snow peas, thawed

soy sauce (to taste)

8 ounces shrimp, deveined

3 teaspoons sesame seed

freshly ground black pepper

5 large green onions, chopped

sesame seed

Place the bean thread in a large bowl. Cover with boiling water. Soak for 20 minutes.

In a small skillet, scramble the eggs. Keep warm.

In a large skillet or wok, cook the chicken and pork with garlic in peanut oil until the uncooked look has disappeared.

Drain the mushrooms. Add the mushrooms, broccoli, asparagus, celery and snow peas to the skillet. Add the soy sauce.

Drain the bean thread. Add to the mixture in the skillet.

Add the shrimp. Cook until they turn pink. Add the egg and sesame seed. Add more soy sauce if desired. Add the black pepper.

Spoon the mixture into a large serving dish. Garnish with green onions and sesame seed.

Yield: 6 to 8 servings

Chicken

Per Serving (excluding unknown items): 783 Calories; 23g Fat (26.0% calories from fat); 116g Protein; 28g Carbohydrate; 12g Dietary Fiber; 916mg Cholesterol; 816mg Sodium. Exchanges: 15 Lean Meat; 4 1/2 Vegetable; 1 Fat.