

Chop Suey

A Chinese-style favourite

My chop suey was almost the same as the original recipe; but because there are only two of us I reduced the quantities by about a third and used more bean sprouts. I have found that some Asian dishes have quite a few sauces and spices; so, to save time and inconvenience while cooking, I measure them and have them sitting in bowls until required.

300g lean pork
 1 medium onion
 1 small green capsicum
 1 small parsnip
 60g bean sprouts
 1 Tbsp chicken stock powder
 250ml hot water
 ¼ tsp salt (optional)
 ¼ tsp sugar
 1 Tbsp soy sauce
 1 Tbsp dry sherry
 1 tsp cornflour



Remove any fat from the pork and slice thinly with the grain. The slices should ideally be about 3-4 cm square. In a wok or deep frying pan, simmer these covered in the hot water and stock powder for around 20 minutes until tender.

In the meantime, peel the parsnip and slice thinly. Remove the seeds and pith from the capsicum and slice into rings. Peel the onion and cut lengthways into small wedges. Mix the sugar, soy sauce, sherry and salt (if using) in a small bowl and set aside.

Once the pork is tenderised, add the onion, parsnip and capsicum and stir-fry for 3 minutes. Now put in the bean sprouts and sauce mixture. Stir-fry this for a further 3 minutes. Finally, mix the cornflour with a little water, add to the chop suey and stir until thickened.

Serves 3-4 with rice

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