



## CHOW MEIN

- 1 1/2 Pounds Pork, Thinly Sliced
- 1/4 Cup Cornstarch
- 2 Teaspoons Sugar
- 5 Tablespoons Soy Sauce
- 2 Tablespoons Oil
- 2 Tablespoons Fat
- 2 Cups Water
- 1/2 Teaspoon Monosodium Glutamate
- 1 1/2 Cups Sliced Celery
- 1 Cup Sliced Onions
- 1 Tablespoons Molasses
- 8 Ounces Water Chestnuts, Sliced
- 1 Can Bean Sprouts
- 4 Ounces Sliced Mushrooms
- Salt and Pepper
- 1 Bunch Green Onions
- Blanched Almonds

## DIRECTIONS

1. Combine 2 tablespoons cornstarch and sugar.
2. Blend in 1 tablespoon soy sauce and oil.
3. Let meat stand in this mixture for 10 minutes.
4. Brown lightly on all sides in hot fat.
5. Add remaining soy sauce, 1 1/2 cups water, and monosodium glutamate.
6. Simmer 45 minutes.
7. Add celery and onion.
8. Simmer 15 minutes.
9. Blend remaining cornstarch with 1/2 cup water.
10. Stir into meat mixture.
11. Add molasses, water chestnuts, bean sprouts and mushrooms.
12. Heat through.
13. Garnish with sliced green onions and almonds.