

THE SECRET OF LIGHTNESS IN CHINESE COOKING

AS TOLD BY
MADAME GRACE ZIA CHU
Author of
"The Pleasures of Chinese Cooking"



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The secret of the lightness and delicate flavor Americans love in Chinese cooking is simple. Good Chinese cooks use peanut oil, and I use Planters because it is the lightest of today's light oils.

Planters costs a little more, but you get so much more *flavor* and *lightness* for those few extra pennies! My American friends first discover Planters Oil making my Chinese dishes. But soon they're telling *me* what a wonderful flavor difference it makes in all their dishes—from salads to Southern fried chicken!••

Planters Oil is so light it floats on other oils



甜酸雞

SWEET 'N SOUR CHICKEN

Cut 6 uncooked *chicken* breasts into strips and mix with $\frac{1}{2}$ tsp salt, 1 tsp cornstarch. Heat $\frac{1}{3}$ cup *Planters* Oil in skillet. Crush 2 cloves garlic, sauté 1 minute in hot oil. Remove garlic, add seasoned chicken and stir continuously about 2 minutes over high heat. Add juice from 8-oz can *pineapple* chunks, liquid from 4-oz jar sweet mixed pickles, and 2 tsp *soy* sauce. Bring to a boil. Add *pickles*, pineapple and $\frac{1}{2}$ cup green pepper strips. Bring to a boil. Blend in 2 tsp cornstarch dissolved in 1 tbs water. Add 1 medium *tomato*, cut in wedges.





PLANTERS OIL

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HIGH IN POLYUNSATURATES

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