

# Learn to Wok

#1 in a series from La Choy®

# One Step

If you think Oriental cooking is too mysterious or just too difficult, you're going to love the very idea behind stir-fry wok cooking. It's simple, it's fast, it's fun. And of course, it's delicious.

## Do I need a wok to stir things up?

Of course not. Although a wok is one of the most versatile cooking tools you can own, you definitely don't need a wok to stir-fry. You can use a good non-stick skillet because the principle is the same—very hot, even heat that allows for extremely fast cooking. This keeps vegetables crisp, meats juicy and locks in vitamins and minerals.

## Three rules and you can't lose.

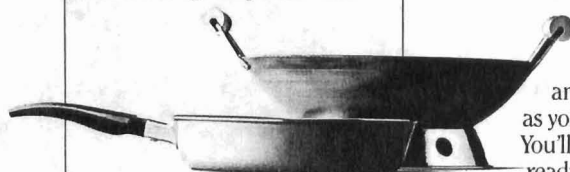
Stir-fry cooking is simple as long as you follow three basic rules:

**Be prepared.** Because preparation and cooking are totally separate procedures, prepare all your ingredients first and the toughest part is over.

oil and turn it all the way up to high heat. You may think you'll burn everything but you won't. Fast cooking at high temperature is the secret to stir-fry. Just make sure you keep things stirring and serve as soon as you're finished. You'll have dinner ready in a bean-snap. **Be adventurous.**

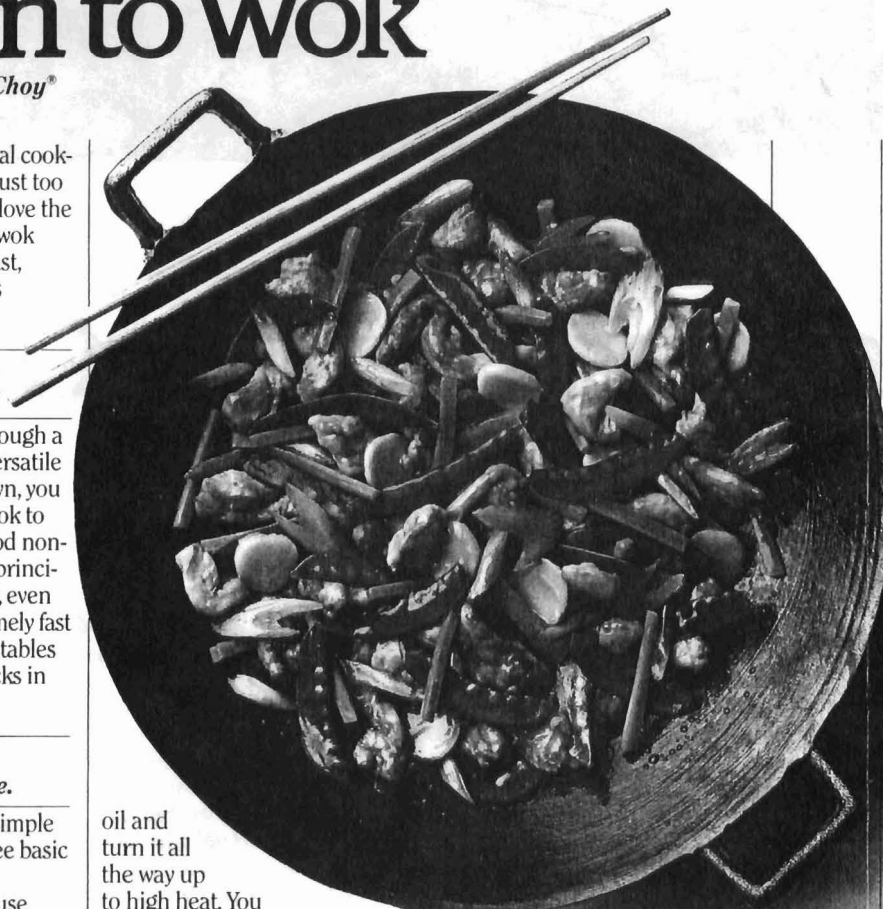
Don't be afraid to experiment. It's as much a part of Oriental culinary history as the wok itself. The Chinese were constantly adapting and changing their recipes. La Choy® recipes are

designed to help you improvise. The more you make a dish, the more easily you'll be able to create interesting variations. That's why La Choy provides such a wide variety of vegetables and sauces. Like our crisp



When you stir-fry, foods cook quickly so they can't wait while you ready other ingredients.

**Keep things moving.** Once everything is prepared, put your wok or skillet on the stove, add



Water Chestnuts, specially selected from the Orient. And our individually frozen La Choy Chinese Pea Pods. Since they're not block frozen, you can take out just the number you need. We know our Bean Sprouts too. In fact, we grow more than anyone in the country. And don't forget La Choy Soy Sauce, preferred two to one over the other major brand.

## Another great mystery debunked.

The simple La Choy recipes that follow will help you stir up some of the most mouth-watering, wholesome meals you can serve. Not to mention meals that are a bit more exciting. Try them and you'll see the mystery of the Orient is no more.

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Spread (16 1/4 x 10 3/4) 4/C Bleed  
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Beatrice foods  
Box 1

# One Step at a Time.



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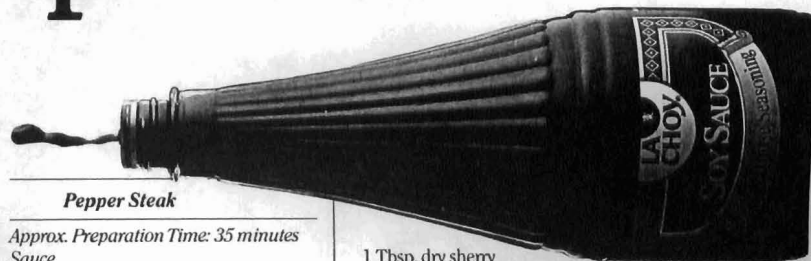
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## Pepper Steak

Approx. Preparation Time: 35 minutes  
Sauce

- ½ cup chicken broth
- 1 Tbsp. La Choy Soy Sauce
- 1 Tbsp. cornstarch

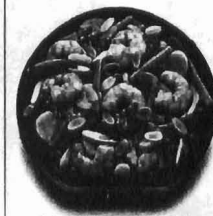
## Meat and Vegetables

- 1 lb. flank steak thinly sliced across grain
- ¼ cup La Choy Soy Sauce
- 1 Tbsp. dry sherry
- 1 Tbsp. cornstarch
- 3 Tbsp. vegetable oil
- 1½ cups sliced onion
- 1½ tsp. minced garlic
- 1½ cups each: thinly sliced red and green pepper
- 1 (14-oz.) can La Choy Bean Sprouts, drained

In a small bowl, mix *all* sauce ingredients; set aside. In a medium bowl, combine flank steak, soy sauce, sherry and cornstarch; marinate 15 minutes. In a wok or large, non-stick skillet, heat 2 *tablespoons* oil over high heat and stir fry half of beef until it loses redness; drain. Repeat with *remaining* beef. Heat *remaining* oil; stir fry onion and garlic until onion is tender. Add peppers; cook 1 minute. Stir sauce ingredients and add to pan with cooked meat and bean sprouts. Cook, stirring constantly, until thick and bubbling. Serve immediately with La Choy Chow Mein Noodles. Serves 4.



Pepper Steak



Spicy Shrimp and Pea Pods

- 1 Tbsp. dry sherry
- Vegetable oil
- 1 tsp. each: minced garlic and ginger root
- ½ cup each: sliced green onions, carrots, celery
- 1 (8-oz.) can La Choy Sliced Water Chestnuts, drained
- 1 (6-oz.) pkg. La Choy Frozen Chinese Pea Pods, thawed

In a small bowl, mix *all* sauce ingredients; set aside. In a medium bowl, combine chicken, cornstarch, soy and sherry; mix well; set aside. In a wok or large, non-stick skillet, heat 3 *tablespoons* oil over high heat. Stir in garlic and ginger. Add chicken and stir-fry until no longer pink; remove. Heat 2 *tablespoons* oil. Stir-fry green onions, carrots, and celery 1 minute. Stir sauce ingredients and

add to pan with water chestnuts, pea pods, and cooked chicken. Cook, stirring constantly, until bubbling. Serve immediately with hot rice. Serves 4.

## For a spicy shrimp variation

Substitute shelled and deveined shrimp for chicken and add ¼ teaspoon red pepper flakes to sauce ingredients; garnish with toasted almonds.

## Stir-Fried Chicken and Pea Pods

Approx. Preparation Time: 40 Minutes  
Sauce

- ½ cup chicken broth
- 2 Tbsp. La Choy Soy Sauce
- 1 Tbsp. cornstarch
- 1 tsp. sugar

## Chicken and Vegetables

- 1 lb. boned, skinned chicken breasts, sliced in very thin strips
- 1½ Tbsp. cornstarch
- 1 Tbsp. La Choy Soy Sauce



Simply exciting.  
Simply La Choy.®

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