

Egg Foo Young

Adapted from Egg Fu Yung at Lemony Thyme

Hint: Before you get started, you will want to have everything *mise en place*. That's just a fancy phrase for getting everything prepped and ready in one place before you start cooking the final dish.

Brown Gravy:

- 1 cup chicken or vegetable broth
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon sugar
- 1/2 teaspoon rice wine vinegar
- 2 tablespoons corn starch, mixed with a little cold water

Egg Foo Young:

- 1 cup ground pork
- 4 ounces mushrooms, sliced thin
- 1/2 cup green onions, chopped small
- 1/2 cup cooked deli shrimp, diced small
- 8 to 10 water chestnuts, chopped
- 6 eggs, beaten
- 1 tablespoon flour, mixed with a little cold water
- 1 teaspoon reduced sodium soy sauce
- 1 teaspoon sesame oil
- 1 cup bean sprouts
- Ground black pepper, to taste
- 3 to 4 tablespoons vegetable oil, divided, for frying
- More sliced green onions, for garnish

Start by cooking the brown gravy and just get that out of the way. You can reheat and stir it a bit on the stovetop when ready to serve. In a small saucepan over medium heat bring all brown gravy ingredients, except the corn starch slurry, to a slight boil then reduce the heat to low. Mix about half the corn starch slurry into the broth whisking constantly. Return the gravy to a simmer, and slowly add a bit more of the slurry while simmering, until desired consistency. Remove gravy from heat and set aside.

If you are going to use pork in this dish, now crumble up the ground pork in a skillet sprayed with a little oil over medium heat. Cook until pork is browned through. Drain and reserve in a bowl and set aside. Next, if using mushrooms, add those to the same skillet and saute about 5 to 7 minutes, until they release

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their liquid and start to brown. Remove from skillet and set aside in another bowl. Now is the time to dice up or measure all the other ingredients in preparation for the eggs.

In a medium bowl, crack in six eggs and beat in the flour slurry while whisking until well combined. Whisk in soy sauce and sesame oil, then add in bean sprouts, green onions, chestnuts, and black pepper and combine well. Heat a skillet over medium-high heat, add a tablespoon of vegetable oil then about a half cup of the egg mixture.

Next spread on top of it a portion of any of the pork, shrimp, or mushrooms and cook until the bottom is nice and set. You can swirl the pan around to get some of the uncooked egg on top to add to the sides of the pancake. Flip it over, then cook until the other side is done and set. Add about a tablespoon (or less) of oil between batches. Serve with the reheated brown gravy and sliced green onions.

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