

1933 CHOP SUEY – AMERICAN STYLE

1 Tablespoon canola oil
8 to 12 ounces 1/2 inch sliced lean chuck steak or pork
2 cups slant sliced fresh celery
2 large onions, peeled, chopped
1/2 cup cold water
2 Tablespoons cornstarch
1-1/2 cups beef stock
3 Tablespoons soy sauce
2 Tablespoons molasses
Black pepper; salt, as desired
2 to 4 cups cooked white long grain rice

- Cut meat into 1/2 to 3/4 inch chunks.
- Place oil in large saucepan; cook over medium high heat until hot. Add meat and brown, stirring occasionally, about 4 to 5 minutes.
- Add sliced celery; cover pan; cook over medium heat about 5 minutes.
- Add chopped onions; cover; cook over medium heat 5 minutes.
- Stir cornstarch into cold water; set aside.
- Add beef stock, soy sauce, molasses, and cornstarch mixture to the meat mixture. Season with ground black pepper as desired. Bring to a boil; reduce heat; cover; let cook over low/simmer heat about 1 hour or meat is tender.
- Uncover; season with salt and pepper as desired. Boil to reduce gravy about 15 minutes or until desired consistency. Serve over cooked long grain white rice.

Note: The original recipe uses 1-1/2 cups water mixed with two bouillon cubes in place of beef stock.

Long Grain White Rice:

1 cup long grain white rice
2 cups cold water
1 teaspoon salt
1 Tablespoon canola or olive oil

Place all ingredients in medium sized saucepan over medium high heat; bring to a rolling boil. Reduce heat to low/simmer; cover saucepan; cook for 15 minutes or water evaporates. Yield: about 2 cups cooked rice