



America's Chop Suey from 1946 - 1950

Cooks started to add canned Chinese veggies and crunchy noodles

- 8 to 10 ounces lean sirloin steak, cut into chunks
- 1 to 2 Tablespoons olive oil
- 1-1/2 cups chopped fresh celery
- 1 cup chopped onion
- 6 ounces mushrooms, stems removed, cleaned, sliced
(white, organic, or foraged mushrooms)
- 2 cloves garlic, minced
- 2 cups beef stock
- 3 Tablespoons soy sauce
- 2 Tablespoons molasses
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes
- 15 oz. can Chinese Stir-fry Vegetables
- 2 Tablespoons cornstarch
- 1/2 cup cold water

White Long Grain Rice:

2 cups water

1 cup uncooked rice

1/2 teaspoon salt

1 Tablespoon peanut or sesame oil

1/3 cup chopped red peppers

1/4 cup chopped cilantro or parsley

1/4 to 1/3 cup slant cut green onion, green sections

1-1/2 teaspoons toasted sesame seeds

Garnish: fresh celery leaves

Serve with: Chow Mein Noodles

1. Cut steak into 3/4-inch chunks. Place 1 Tablespoon oil in hot large stir-fry skillet; add steak cooking over medium high heat until browned on both sides. Remove meat; set aside.
2. If needed, add remaining tablespoon oil to drippings in skillet. Add celery, onions, and mushrooms to pan drippings.
3. Sauté 6 minutes; stir in garlic, cook 2 minutes longer. Return meat to pan. Stir in beef stock; soy sauce, molasses, black pepper, and red pepper flakes. Bring to a boil, reduce heat to simmer, cover; cook for 15 minutes.
4. Drain liquid from Chinese vegetables; stir drained vegetables into the meat mixture. Cover; cook on low to simmer heat for about 30 minutes or until meat is tender, stir occasionally.
5. In a small bowl; stir cornstarch into cold water until dissolved; add to meat mixture; bring to a boil, stir until sauce thickens to desired consistency. Remove from heat, keep warm until serving.

Prepare White Rice: In a saucepan, combine 2 cups water, 1 cup white rice, and salt; bring to a boil; reduce heat to simmer; cover; cook about 15 minutes or water is absorbed and rice is tender; remove from heat; Stir in sesame oil, chopped red peppers and parsley. Yield: 2 to 2-1/2 cups

Suggested Serving: Place cooked rice on a large serving bowl, spoon chop suey over rice. Sprinkle sliced green onions and sesame seeds over chop suey as desired. Garnish with celery leaves and serve with crunchy Chow Mein noodles. Serves 4

Cook's Note: For the original 1933 American Style Chop Suey recipe – see <https://www.youtube.com/watch?v=7iOtXZSbaOk>
<https://www.gloriagoodtaste.com/wp-content/uploads/2014/05/Chop-Suey-American-Style-1933.pdf>

A Depression Favorite Recipe 1933 – American Style- Chop Suey

It was the world of 1933.... there wasn't time for people to sit down and weep when things went wrong. It was everyone's job to keep the family out of debt, maintaining the balance between money earned and money spent. Depression dinners were designed with what was available, and cooks learned to be inventive.

One recipe surfaced to offer a world of dreams – a trip to the other side of the world –A copy of this recipe was printed in A&P ads offering Chop Suey – American Style. It was a recipe which most cooks made and even designed their way. The first recipe used only onions and celery, but when canned Chinese vegetables and Chinese crunchy noodles in the late 1940's were introduced, many home cooks added them to the original recipe.

About the Recipe: The updated recipe has a mild taste so add more peppers if you enjoy a spicy kick. When processed canned foods became available, Chinese vegetables were added and even crunchy Chow Mein noodles were served. This recipe lets you enjoy a flashback trip when America first starting learning to serve Chinese food for dinner. The recipe's flavor is mild but delicious. You can always increase the amount of meat used and add spicy chili oil if desired.