

EGG FOO ELDERLY **

Egg Foo Young is the Chinese version of an omelet with vegetables and, sometimes, meat. The name derives from the Cantonese language, literally meaning "Hybiscus Egg." Whatever its origin, the recipe has spread throughout the world and has assumed many guises along the way. It is almost always served along with rice (but not here) It is easy to cook, great for a quick bite, and splendid for leftovers. The version below is more or less the classic preparation, but using a little less fat, sugar, and salt as sometimes required in the elderly diet.

6 eggs or X
1 cup bean sprouts
¼ cup scallions, chopped
¼ cup bamboo shoots
4 water chestnuts, sliced
½ cup ham, chicken, pork, or shrimp, diced
1 tbsp lower sodium soy sauce
1 tbsp peanut oil
1 cup chicken broth
1 tbsp lower sodium soy sauce
2 tsp "sugar"
2 tbsp rice vinegar
1 tbsp corn starch
2 tbsp water

Mix the eggs, vegetables, and one tbsp soy sauce in a bowl.

Prepare the sauce using the final 6 ingredients above by mixing together and bringing to a simmer in a small pan for a few minutes until the corn starch has thickened and no starchy taste remains.

Heat the oil and spoon ⅓ cup measures of the egg mixture into the pan to fry as pancakes until golden brown.

Serve topped with the sauce. Serves 4.

EGGS FOO CASSEROLE **

This is a casserole version of Egg Foo Elderly¹. It is perhaps somewhat easier to prepare, for it is baked, instead of fried.

½ lb shrimp, sliced
¼ cup ham, julienne
¼ cup onion, diced
4 scallions, sliced
1 tbsp low sodium soy sauce
2 tbsp minced garlic
1 tbsp rice vinegar
1 tbsp extra virgin olive oil
6 eggs or X
1 package, bean sprouts
1 cup English peas, frozen
1 tsp "salt"
1 tbsp peanut oil
1 tbsp corn starch
2 tbsp chicken broth

Spray a casserole dish with oil. Mix all ingredients together thoroughly and spoon into the dish. Bake at 359° F for 30 minutes.

Serves tbd.

¹Egg Foo Elderly, page 217.