

Just like omelets, you can flavor egg foo yung in many different ways. Instead of ham, you might want to use shredded cooked pork or chicken or cooked shrimp or crabmeat. If your food store doesn't have Chinese cabbage, use a package of 'cole slaw' cabbage mixture. You can also add mushrooms, if you like. It's easier to shape the egg foo yung patties in a wok, but a skillet works, too. The recipe is a little long, but it's not hard to do.

Chinese Omelets (Egg Foo [Fu] Yung)

for 4 kids (1 patty each)

Foods you need:

- 2 teaspoons peanut oil**
- 1 cup thinly sliced Chinese or napa cabbage (about 4 oz.)**
- 1 cup fresh bean sprouts**
- 1/3 cup cooked lean ham, diced (about 2 oz.)**
- 4 eggs**
- 1 teaspoon sesame oil**
- 1/3 cup green onions with tops, thinly sliced diagonally (about 1 oz.)**
- 1/3 cup canned sliced water chestnuts or bamboo shoots, diced (about 2 oz.)**
- Cooking spray**
- Egg Foo Yung Sauce*, if you like**



Kitchen things you need:

- 8-inch nonstick omelet pan or skillet**
- Kitchen timer**
- Long-handled wooden spoon**
- Big plate**
- Medium-sized kitchen bowl**
- Fork**
- 1/2-cup measuring cup**
- Pancake turner**
- 4 plates**
- Paper towel**



1. Put the peanut oil into the pan. Put the pan on a burner and heat it over medium heat for a little bit. Sprinkle a few drops of water into the pan. The pan is hot enough when the water sizzles and dances in the pan.
2. Put the cabbage, bean sprouts and ham into the pan. Set the timer for 1 minute. Stir with the spoon all the while the foods are cooking. When the 1 minute is over, look at the vegetables. If they're not soft, cook about 1/2 minute more. When the vegetables are soft, with the spoon, scrape the cabbage mixture out of the pan onto the big plate and let it cool slightly.
3. Break the eggs into the bowl. Add the sesame oil. Beat with the fork until the eggs and oil are well blended and you can't see any streaks of egg white any more. Add the green onions, the water chestnuts and the cooled cabbage mixture.
4. Coat the pan evenly with the spray. Put the pan on a burner and heat it over medium heat for a little bit. Sprinkle a few drops of water into the pan. The pan is hot enough when the water sizzles and dances in the pan.



Chinese Omelets (*Egg Foo [Fu] Yung*, continued)

5. Use the measuring cup to scoop up about 1/4 of the egg-vegetable mixture and pour it into the pan. Set the timer for 1 1/2 minutes.



6. The eggs will start to set. Hold the pancake turner upside down and push the liquid edges of the egg mixture toward the vegetables to keep the patty about 5 inches in diameter. When the 1 1/2 minutes are over, look at the egg mixture. If it's still runny, cook about 30 seconds more until the egg mixture is almost set and lightly brown on the bottom. With the pancake turner, turn the patty over. Set the kitchen timer for 1 minute. When the 1 minute is over, lift the patty out of the pan with the pancake turner and put it on a plate.
7. Remove the pan from the burner. Let it cool a little bit. Then, wipe it with the paper towel. Hold the pan away from the rangetop and coat it evenly with the spray. Repeat steps 4 through 6 to make 3 more patties.
8. Serve the patties plain or with the sauce, if you like.

* **To make egg foo yung sauce:** Put **1 tablespoon cornstarch** in a small saucepan. With a long-handled wooden spoon, stir in **1 cup fat-free, reduced-sodium chicken broth**. Add **1 teaspoon each lite soy sauce and sesame oil**. Put the pan on a burner and cook over medium heat until the broth mixture is boiling and thickened. Stir with the spoon all the while the sauce is cooking. With the spoon, stir in **1/2 tablespoon sliced green onion**. Makes about 1 cup. ○