

Chop Suey, Chow Mein, Lo Mein,

There is always a lot of confusion here:

- Chop Suey refers mostly to stir fried vegetables bound with a sauce served with rice.
- Chow Mein refers to a similar dish, but served with stir fried noodles (or over crispy noodles in the American version).
- Lo Mein refers to a noodle dish served with soup on the side which has fewer additional ingredients

So this is mostly a recipe for Chop Suey/Chow Mein depending on whether you want to serve with noodles or rice.

Ingredients:

- 8-12 oz of cooked, cubed (1/4 – 3/8 in) pork or chicken (note: it is cooked to drive out the water which complicates the stir fry; you can poach them until firm in the microwave).
- 2 Tbs oil
- 1 medium onion cut into segments
- 8 oz fresh mushrooms sliced
- 1/2 can sliced water chestnuts
- 1/2 cup bamboo shoots (I don't like them so don't use them)
- 2 stalks celery sliced
- 4 green onions sliced
- 4 Tbs water
- 1 Tbs Mirin
- 1 Tbs soy sauce
- cornstarch
- Optional seasonings:
 - Garlic
- Optional - 8 oz fresh Chinese (not ramen) noodles
- Optional – Steamed Rice

Process:

- If using noodles:
 - boil them until "a dente" and drain.
 - Put a extra tbs of oil in the wok and stir fry until slightly brown (about 3 min).
 - Put off to the side.
 - PS: If you are using crispy noodles, just don't tell me
- Prepare sauce
 - Mix 2 tbs water with at least 1 tsp of corn starch.
 - Add Mirin and soy sauce
- Put the oil into the wok and cook meat until brown.
- Add all of the vegetables (except green onions)
- Add 2 tbs water and cook on high for 2 minutes.
- Add sauce and stir until thickened
- Add noodles if you are using them

Serving:

- You have about 2 minutes to get it on the table otherwise it will end up tasting like "steam table" Chinese food.

Hints:

- Chinese food tastes best when it goes from the wok to the plate immediately.
- That's why the better Chinese restaurants serve you food as it is finished rather than holding it for the last plate.
- We had a 7 course Chinese meal one Christmas with a lot of people.
 - We put everyone to work chopping and such.
 - We ate it as it came out and while it took a long time, it was great.