

Egg Foo Young Published: May 3, 2021, by Ivan

Egg Foo Young is one of those classic dishes that are perfect for breakfast, lunch, or dinner. This Chinese recipe is easy to prepare with very common ingredients.

#### INGREDIENTS

- 4 Eggs
- 1 cup Chicken Broth or Water
- 1 tsp Oyster Sauce
- 1 tsp Low Sodium Soy Sauce
- 2 tsp Corn Starch
- 1 cup Cabbage
- 3/4 cup Carrots
- 1/4 cup Green Onion
- 1 cup Mung Bean Sprouts

#### INSTRUCTIONS

Set a small stainless steel saucepan set to medium-high temperature. Add a cup of broth, stock, or water to the saucepan. Keep in mind that store-bought broth has more salt than stock, so you may need to adjust the salt in your recipe. Add two teaspoons of corn starch. Add one teaspoon of low sodium soy sauce. One teaspoon of oyster sauce. Stir the ingredients. Allow the ingredients to come to a low boil and stir frequently. The sauce will start to thicken so reduce the heat to a low simmer. Stir frequently so the gravy thickens evenly. The gravy will thicken after it is removed from the heat, so a thin bubbling sauce is a good thing.

Move the thin gravy to a cooling rack, or towel, so it can cool and thicken. Stir the sauce frequently as it cools. This sauce is great served hot or cold.

Place a large frying pan or skillet on the burner to medium-high temperature. Add a tablespoon of canola oil to the large pan. Chopped 1 cup cabbage, 3/4 cup carrots, 1/4 cup green onion, and 1 cup Mung bean sprouts. If you don't have Mung bean sprouts, then replace them with more cabbage or more carrots. Replace the veggie with your favorite veggies. Chop your favorite veggies either thick and short, or thin and long. Just try to keep half the veggies on the crunchy side, so there is texture to your Egg Foo Young. Add left-over cooked chopped beef, chicken, or shrimp as an extra ingredient.

Scrambled four eggs to make four omelets. Add the crunchy veggies first and the aromatic onions last. You can always set aside the chopped green onion as a garnish. Typical omelets have more eggs than stuffing. Egg Foo Young is the reverse. The egg is a binder in Egg Foo Young like making meatloaf. The scrambled eggs will start to disappear when mixing the ingredients. Adjust the number of veggies to scrambled eggs to your preference.

Set a frying pan to a slightly warmer temperature needed to make omelets. Measure out a 1/2 cup of the ingredients to start your first Egg Foo Young omelet. Pour the egg mixture into the hot frying pan. Allow the mixture to cook for two to three minutes, then flip the omelet. Egg Foo Young is typically on the brown side since it is usually deep-fried in a wok at high temperatures. But continue to cook the omelet to your preference.

Plate the Chinese omelet and pour some gravy on top. I like to create layers of Chinese omelets with sauce in between the layers. Keep your creation warm in the oven before serving, then add the garnish last. Top with chopped green onion, or whatever herbs you prefer.

Thanks for stopping by. I hope you enjoy your own Egg Foo Young. Remember to share your recipes.

Until next time. Adios...Ivan