

The Limehouse Restaurant Recipes
by Kwan Y. Jung, 1988

(44) Ham Egg Foo Young

4 oz ham, diced cut
2 oz onion, finely chopped
2 oz bean sprouts finely chopped
4 eggs
1/2 teaspoon salt
1 tablespoon cornmeal powder
1/2 cup oil
1 cup soup stock
2 tablespoons light soy sauce
1 tablespoon sugar
Cornstarch solution

1. Break eggs in a bowl. Add salt, ham, onion, bean sprouts and cornmeal powder. Mix well.
2. Heat oil in a wok until hot. Add the mixture in to form shapes of pancakes.
3. Pan fry both sides to golden brown.
4. Boil soup stock with light soy sauce and sugar. Thicken soup stock with cornstarch solution to make a gravy.
5. Place egg foo young pancakes on serving dish and top with gravy.

Kwan's comment: The egg foo young is a dish in the dinner menu created in the USA with the similarity of the pancakes. The original Cantonese egg foo young resemble scramble egg food.

Option: We can substitute ham with the other meats in make egg foo young for various taste dishes.