

First Lady Grace Coolidge's Chicken Chop Suey 第一夫人格蕾絲柯立芝的雞雜碎



With the intention of preparing it for President Calvin Coolidge after his retirement in Northampton, Mrs. Coolidge beseeched her beloved Presidential yacht chef, Lee Ping Quan, for the authentic Cantonese-style chop suey recipe, bearing no resemblance to the Chinese American restaurant variety. Graciously, he shared the recipe, and here it is. Despite her extensive experience with New England cooking, Grace Coolidge had a strong affinity for Asian cuisine. The chef, who served on the Presidential yacht Mayflower during the administrations of Harding, Coolidge, and Hoover, only fueled her fascination further. Chef Quan lost everything when the Japanese invaded Canton, and he fled in disbelief as a refugee and immigrant.

2 Cups each of Water Chestnuts, Celery, Chinese beans, Bamboo Shoots, Baby Chinese Greens (Bok Choy leaves - cut the hard bottom off), Chicken Stock, Salt, Pepper, Soy Sauce, Chinese rice wine or (Japanese sake), Cornstarch, cooked white meat Chicken, Rice, Butter. Cut into very thin strips the two (2) cups each of Water Chestnuts, Celery, Bamboo Shoots, Chinese Beans, and Chinese Greens. Add 2 pounds of white meat Chicken, also sliced very thin. Fry in butter in a skillet; then place in a saucepan and pour two (2) cups of Chicken stock over it. Cook for a few minutes and season to taste with Salt and Pepper. Add 2 tablespoons Soy Sauce, 2 tablespoons Rice Wine or Sake, and 1 tablespoon Cornstarch mixed with a little cold water to make a paste. Cook briskly for 5 more minutes. Serve with Rice.