

Chop Suey

Chop suey is a dish commonly found in Chinese restaurants throughout North America. It's origin story is debated and it's difficult to trace exactly when or where chop suey was created. However, it is known that it was first created somewhere in the United States, possibly in San Francisco in the 1840s during the California Gold Rush. It is an example of Chinese cuisine altered to suit the North American palate. The fact that it appears in a Woodstock cook book in 1917 is an indicator of the influence Chinese immigration had on Canadian food and culture during this period.

Recipe:

Remove the breast meat from an uncooked chicken, cut in strips one inch long. Melt 1 tablespoon butter, add chicken meat, cook two minutes, then add 3/4 cup celery cut in thin slices crosswise, 1 onion sliced, 6 mushrooms cut in slices. Cook 5 minutes. Add 1 cup chicken stock, 1/2 teaspoon sugar, 2 teaspoons of any sharp sauce preferred (e.g. soy sauce), 1 green pepper cut in thin strips and 1 teaspoon of cornstarch diluted in 2 tablespoons of water. Bring to a boil. Let simmer for 10 minutes.