

# How about some moo goo gai pan?

**By Jerry Marlowe**  
Special to the T-R



**MARLOWE**

need to gather up  
for today's moo  
goo gai pan recipe.

1 chicken breast  
(skinned and boned)  
2 tsp corn starch  
½ tsp salt  
¼ tsp fresh ground  
pepper  
6 oz fresh mushrooms

(sliced in quarters)  
1 green pepper (sliced  
lengthwise)  
1 tbs cornstarch  
¼ cup chicken stock  
2 tbs oyster sauce available now  
at the oriental grocery section  
a big garlic clove or two  
3 slices of fresh ginger root.  
Here we go. Dice the chicken  
breast after you skin and bone it  
in about ½-inch squared pieces.  
Combine the corn starch, salt,  
and pepper plus a tsp of sherry  
and 1 tsp cooking oil. Now toss

your chicken to coat it in that  
mix for about 10 minutes.  
Slice your mushrooms in quar-  
ters. Mix 1 tbs. cornstarch with  
¼ cup of chicken stock. Mince  
your garlic and ginger root.  
Heat your oil in a wok or skillet.  
Here is a great tip from my long  
time friends at Lam's Chinese  
restaurant. Put the tip of the  
chopstick in the oil and when  
it bubbles it's ready to stir fry.  
So add your chicken and stir it  
around for two to three minutes.  
Remove the chicken and you  
may need to add a couple more  
tbs oil. Add your mushroom,  
green peppers for two more  
minutes. Return the chicken to  
the wok or skillet and add your  
cornstarch and chicken stock  
mixture you already had made  
up. Top your creation with some  
toasted almond slivers for a final  
touch. Open a libation of your  
choice, and please enjoy this  
memorable feast. My love to all

you kind readers when I run into  
you around town. I did have a  
note on my Wild In the Kitchen  
recipe that this will serve four  
hungry people. Bon Appetit.  
But when you say that French  
expression in honor of the great  
and memorable Julia Child,  
use your best falsetto voice. I  
truly miss her so much and will  
always treasure my encounter  
with her many years ago.

Moo goo gai  
pan (A memorable  
recipe from one  
of my Wild In The  
Kitchen classes.)  
Monday morning  
greetings to all you  
famished and kind read-  
ers. I was nosing through  
some past cooking class  
favorites and just have to  
share this one with you. I  
especially just love to say  
the title with great gusto.  
We inflicted this foul or  
wait a minute I misspelled  
the word foul it should be  
fowl unless you're watch-  
ing the Indians game and  
someone hits a foul ball.

I am so pleased with  
their season so far. So  
join me and let's all get  
together and wish them  
well for a possible Ameri-  
can League pennant again  
this year.

Betsy is a friend of his  
family and was able to  
connect me with him.  
He sent me a signed ball  
and also a great photo of  
him handing a bat to Babe  
Ruth when he was coming  
up out of the dugout to  
accept another memo-  
rable award. Eddie shared  
with me how much that  
wonderful moment meant  
to him. Unfortunately, the  
Babe passed away shortly  
after that night. But let's  
get back to cooking.

Here is what you will