

Egg Foo Young

Fluffy Chinese-American egg patties packed with vegetables and protein, served with gravy.

Egg Foo Young finished dish

Ingredients

- 6 eggs
- 120 g bean sprouts
- 2 scallions, sliced
- 100 g cooked shrimp or chicken, chopped
- 2 tbsp oil
- For gravy: 240 ml chicken stock, 1 tbsp soy sauce, 1 tsp cornstarch slurry

Method

1. Beat eggs and mix with sprouts, scallions, and protein.
2. Pan-fry ladlefuls in oil until puffed and golden on both sides.
3. Simmer stock and soy; thicken with cornstarch slurry.
4. Serve patties topped with warm gravy.

Notes

Chinese-American style preparation; adjust sweetness, acidity, and heat to taste.

Revision #1

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