

## CHICKEN EGG FOO YUNG RECIPE

Chicken Egg Foo Yung is one of my favorite comfort foods and a dish my mother made regularly when I was growing up. I get cravings for this savory meal and because of its versatility and easy preparation, I eat it for breakfast, lunch and dinner.



**IN MY OPINION, EGG FOO YUNG IS NOT COMPLETE WITHOUT THE SIGNATURE SAVORY GRAVY!**

The sumptuous brown gravy has a silky texture and rounds out the flavor profile of this tasty meal. Most recipes call for vinegar in the gravy but I omit it; the flavor is just too strong for my liking.



Chicken Egg Foo Yung  
2018-05-14 15:15:43



Serves 4

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Print

Prep Time

10 min

Cook Time

10 min

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Prep Time

10 min

Cook Time

10 min

Ingredients

1. 2 boneless chicken breast (sliced thinly)
2. 1 Tablespoon soy sauce
3. 1/2 teaspoon sesame oil
4. 1 garlic clove (minced)
5. 1 green onion (white part only)
6. 1/4 cup shaved carrot
7. 2 cups bean sprouts
8. 1 medium onion (sliced thin)
9. 1 can water chestnuts, drained and sliced
10. 6 large eggs
11. 3 Tablespoon vegetable oil (divided)
12. 1/2 teaspoon salt and pepper (to taste)
13. 1 Tablespoon sesame seeds

#### FOR THE GRAVY

1.  $\frac{1}{4}$  cup soy sauce
2.  $\frac{1}{4}$  cup chicken stock
3. 2 Tablespoon Oyster sauce
4.  $\frac{1}{4}$  cup cornstarch

#### Instructions

1. Marinate chicken in 1 tablespoon soy sauce,  $\frac{1}{2}$  teaspoon sesame oil, 1 garlic clove, and minced green onion, white part only. Rest for 5 minutes in marinade.
2. Slice onion thinly
3. In a medium mixing bowl, beat eggs till fluffy. Add to the bowl, soy sauce, sesame oil, garlic, carrot, onion, drained and sliced water chestnuts, and bean sprouts. Toss to combine
4. Heat a wok on medium high heat. Add 1 tablespoon vegetable oil to wok. Cooked chicken until done. Remove from wok and set aside to cool for 5 minutes. Add chicken to vegetable and egg mixture and toss to combine.
5. Add 1 tablespoon oil to wok. Place a scoop of egg foo yung mixture in the hot wok and cook for 2 minutes on one side. Flip and continue cooking until egg is set, about 2-3 minutes more. Continue until all mixture is made into pancakes.

#### To Make the Gravy

1. In a small mixing bowl combine, soy sauce, chicken stock, oyster sauce and  $\frac{1}{4}$  cup cornstarch. Whisk to combine. Pour ingredients into the wok and cook over medium heat until thick. Add salt pepper to taste. If mixture is too thick, add 1 tablespoon water at a time until desired consistency is reached.

#### To Serve

1. Drizzle hot gravy over the cooked Egg Foo Yung. Sprinkle with sesame seeds and chopped green onion tops. Enjoy this meal with steamed rice.

By Rebecka Evans

Adapted from Anne Stone (my moms recipe)

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At Home with Rebecka <http://athomewithrebecka.com/>



Food and Photo by At Home with Rebecka

I posted my recipe for [Egg Foo Young with Brussel Sprouts](#) and leftover pork last year. If you're wondering why the dish doesn't look like the traditional Chinese style pancakes, I'm was recovering from shoulder surgery. As it turns out, flipping a full size omelet shaped breakfast with the use of only one good arm is more difficult than I expected. The final dish was delicious, but looks more like an Egg Foo Yung scramble.

I had a few Brussels sprouts in the fridge, so I threw them in, adding a wonderful crunch and delicious Brussels sprouts flavor. Some [Minced Chicken and Pork Egg Rolls](#) would be delicious served with this meal.



## **BLACK SESAME PORK FRIED RICE – EASY RECIPE**

*Black Sesame Pork Fried Rice is made easy when using leftover cooked pork chops or chicken and store bought stir-fry sauce and rice. This is my go-to Asian recipe when I'm in a hurry to get dinner on the table. Your family will love that this easy dinner recipe. It looks and tastes like a restaurant quality meal.*



The beautiful clay pot picture above was gifted to me by my sweet friend [Chef Ava Marie](#) the [Autistic Chef](#) and Owner of [Autism Cooks](#) food blog. It's stunning, and the perfect vessel for this satisfying meal.

**I HOPE YOU ENJOY THIS BLACK SESAME PORK FRIED RICE RECIPE!**



Fried Rice with Black Sesame Pork-EASY RECIPE

2017-03-06 23:10:37



Serves 4

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Print

Prep Time

10 min

Cook Time

6 min

Prep Time

10 min

Cook Time

6 min

Ingredients

1. 3 1/2 cups cooked rice (from store deli hot foods)
2. 2 left over cooked pork chops or cooked chicken (I used left over smoked chops from dinner the night before)
3. 1 cup frozen peas
4. 1/2 cup shredded carrots
5. 1/2 cup sweet onion chopped
6. 2 teaspoons minced garlic
7. 2 tablespoon sesame oil
8. 1 tablespoon soy sauce
9. 2 tablespoon vegetable oil, divided
10. 2 eggs, beaten
11. 1/4 cup stir fry sauce (House of Tsang Classic Stir Fry Sauce)
12. 1/2 teaspoon black sesame seeds
13. 1/2 cup green onion, for garnish

#### Instructions

1. Slice leftover pork into thin strips. Prep all vegetables.
2. Preheat a large skillet or wok over medium high heat.
3. Pour sesame oil into pan. Cook sweet onion, carrots, peas, and garlic for 2 minutes stirring frequently. Slide mixture to the side of the pan using a spatula. Add eggs and scramble. Once the eggs are done mix with cooked vegetables. Remove mixture from pan and set aside.
4. Add 1 tablespoon vegetable oil to hot pan. Once the oil is hot add 1/4 cup stir fry sauce and sliced pork. Cook for 2 minutes stirring frequently. Add black sesame and toss. Remove cooked pork from pan and set aside until ready to plate.
5. Add remaining tablespoon of oil to pan. pour in cooked rice and vegetables, and add soy sauce. Toss to combine and heat through.
6. Taste for seasoning. Add a drizzle more sesame oil and more stir fry sauce to taste.
7. To plate the dish, scoop out portion into a clay pot. Add slices of cooked pork to each serving and sprinkle with chopped green onion.
8. Serve and enjoy!

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>

# FRIED RICE WITH BLACK SESAME PORK



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## EGG FOO YUNG RECIPE

*Egg Foo Yung is a classic and somewhat retro Chinese comfort food dish. This easy Asian recipe can be enjoyed for breakfast, lunch, or dinner.*



Egg Foo Yung is one of my favorite comfort foods and a dish my mother made regularly when I was growing up. I get cravings for this savory meal and because of its versatility and easy preparation, I eat it for breakfast, lunch and dinner.

If you're wondering why the dish doesn't look like the traditional Chinese style pancakes, I'm still recovering from shoulder surgery. As it turns out, flipping a full size omelet shaped breakfast with the use of only one good arm is more difficult than I expected. The final dish was delicious, but looks more like an Egg Foo Yung scramble.

I had a few Brussels sprouts in the fridge, so I threw them in, adding a wonderful crunch and delicious Brussels sprouts flavor. Some potstickers or *egg rolls* would be delicious served with this meal.

**IN MY OPINION, EGG FOO YUNG IS NOT COMPLETE WITHOUT THE SIGNATURE SAVORY GRAVY!**

The sumptuous brown gravy has a silky texture and rounds out the flavor profile of this tasty meal.

**I HOPE YOU ENJOY THIS EGG FOO YUNG RECIPE.**



Egg Fu Yung with Gravy

2017-03-07 16:24:43

## EGG FU YUNG BRUSSEL SPROUTS



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Print

Prep Time

10 min

Cook Time

10 min

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Prep Time

10 min

Cook Time

10 min

Ingredients

1. 2 boneless chicken breast (sliced thinly)
2. 1 Tablespoon soy sauce
3. 1/2 teaspoon sesame oil
4. 1 garlic clove (minced)
5. 1 green onion (white part only)
6. 2 cups bean sprouts
7. 1 medium onion (sliced thin)
8. 2 cups brussel sprout leaves
9. 6 large eggs
10. 3 Tablespoon vegetable oil (divided)
11. 1/2 teaspoon salt and pepper (to taste)
12. 1 Tablespoon sesame seeds

FOR THE GRAVY

1. 1/4 cup soy sauce
2. 1/4 cup chicken stock
3. 2 Tablespoon Oyster sauce
4. 1/4 cup cornstarch

Instructions

1. Marinate chicken in 1 tablespoon soy sauce,  $\frac{1}{2}$  teaspoon sesame oil, 1 garlic clove, and minced green onion, white part only. Rest for 5 minutes in marinade.
2. Cut the ends off Brussel sprouts and separate leaves.
3. Slice onion thinly
4. In a medium mixing bowl, beat eggs till fluffy. Add to the bowl, bean sprouts and Brussel sprouts, onion. Toss to combine
5. Heat a wok on medium high heat. Add 1 tablespoon vegetable oil to wok. Cooked chicken until done. Remove from wok and set aside to cool for 5 minutes. Add chicken to vegetable and egg mixture and toss to combine.
6. Add 1 tablespoon oil to wok. Place a scoop of egg fu yung mixture in the hot wok and cook for 2 minutes on one side. Flip and continue cooking until egg is set, about 2-3 minutes more. Continue until all mixture is made into pancakes.

#### To Make the Gravy

1. In a small mixing bowl combine, soy sauce, chicken stock, oyster sauce and  $\frac{1}{4}$  cup cornstarch. Whisk to combine. Pour ingredients into the wok and cook over medium heat until thick. Add salt pepper to taste. If mixture is too thick, add 1 tablespoon water at a time until desired consistency is reached.

#### Notes

1. To Serve: Drizzle gravy over Egg Fu Yung. Sprinkle with sesame seeds and chopped green onion tops. Enjoy this meal with steamed rice.

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>



If you make this Egg Foo Yung recipe, come over to my [Facebook page](#). I'd love to hear what

you think of the recipe!

## MINCED CHICKEN AND PORK EGG ROLLS WITH RICE VERMICELLI

*Pork egg rolls are delicious in their own right, but when minced chicken is added to them and they're served with rice vermicelli, the chicken and pork egg rolls become a feast!*



Make this delicious chicken and pork egg rolls recipe for an appetizer, or serve with Asian noodles as an entrée. They are best served with Sriracha sauce and homemade [sweet and sour sauce](#).



**CHICKEN AND  
PORK EGG  
ROLLS**

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PORK EGG  
ROLLS**

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Minced  
Chicken  
and  
Pork  
Egg  
Rolls  
with  
Rice  
Vermicelli

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Minced Chicken and Pork Egg Rolls with Rice Vermicelli

2014-04-02 19:37:10



Minced  
Chicken  
and  
Pork  
Egg  
Rolls  
with  
Rice  
Vermicelli

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Print

Prep Time

15 min

Cook Time

10 min

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#### Prep Time

15 min

#### Cook Time

10 min

#### Ingredients

1. For the Filling
2. 1/2 pound ground chicken
3. 1/2 pound ground pork
4. 1 small carrot (shredded)
5. 1 stalk scallion (chopped finely)
6. 1 package egg roll wraps
7. 1/8 teaspoon sesame oil
8. 1/8 teaspoon salt
9. 1/4 teaspoon sugar
10. 1/2 teaspoon chicken base (concentrate)
11. 1/2 tablespoon vegetable oil
12. 1/4 teaspoon black pepper
13. 2 tablespoons water

#### For the Noodles

1. 1 package Asian Vermicelli, Rice or Bean Thread Noodles
2. 1 small carrot (shredded)
3. 1 stalk scallion (chopped finely)
4. 1/2 tablespoon vegetable oil
5. 1/8 teaspoon sesame oil
6. 1/8 teaspoon salt
7. 1/4 teaspoon sugar
8. 1/2 cup chicken stock
9. 1/2 teaspoon light soy sauce
10. 1/4 teaspoon red pepper flakes
11. 1/4 teaspoon black pepper

#### Filling

1. Brown ground meat in a skillet over medium heat (for a finer ground meat, blend in a food processor)
2. Add, carrot, chopped scallion, and all the seasoning to the meat mixture and combine well.
3. On a dry surface, lay out the egg roll wraps.
4. Place 2 tablespoons meat mixture onto the lower center of the wrap. Leave about 1/2 inch on all sides
5. Moisten the edges with water using finger
6. Fold sides into the middle and roll up, sealing the meat inside
7. In a large stock pot or deep fryer, add enough cooking oil for frying
8. Once the oil is heated, add the egg rolls in batches until they are golden brown, place in 200 degree F. oven to keep warm

9. Dish out and serve with sweet or spicy dipping sauce

For the Vermicelli

1. Cover noodles with boiling water, allow to rest until ready to use
2. Reheat the same pan the meat was cooked in, add 1/2 tablespoon vegetable oil and 1/8 teaspoon sesame oil
3. Saute carrots and scallions over medium heat about 2 minutes
4. Add remaining ingredients and cook for 3 minutes
5. Add noodles and stir, cook for additional 3-4 minutes to distribute flavors, add more sesame oil if the noodles seem dry
6. Serve with egg rolls

By Rebecka Evans

Adapted from [Rasa Malaysia Easy Asian Cuisine](#)

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More Asian-inspired recipes you might like:

[Sweet and Sour Soup Noodle Bowl](#)

[Udon Lettuce Cups with Creamy Peanut Dressing](#)