

## 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  
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Serves 4

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Prep Time

10 min

Cook Time

10 min

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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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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.



Minced  
Chicken  
and  
Pork  
Egg  
Rolls  
with  
Rice  
Vermicelli

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