



Shrimp Egg Foo Young

Oscar · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This egg foo young recipe includes a delicious sauce to put on top of the patties. This is a very special recipe acquired when I worked at a Chinese restaurant to pay for my red 1966 VW bug when in high school. The recipe card is tattered and spotted now, but the dish is the best egg foo young I have ever had. To serve, place egg patty over steamed rice and put the sauce on top.

Ingredients

- 8 ounces fresh bean sprouts - 1 cup cooked small shrimp - 4 large eggs - ? cup thinly sliced green onions
- ¼ teaspoon garlic powder - 2 tablespoons vegetable oil - 3 cups chicken broth - 2 tablespoons cornstarch - 2 tablespoons sugar - 2 tablespoons Chinese cooking wine
- sherry
- or apple cider vinegar - 2 tablespoons soy sauce

Instructions

1. Mix bean sprouts
2. shrimp
3. eggs
4. green onions
5. and garlic powder together in a large bowl until well combined. Dotdash Meredith Food Studios Heat oil in a skillet over medium heat. Add about 1/2 cup of egg mixture into the skillet to make a patty. Repeat to add more patties to the skillet. Working in batches
6. fry patties until golden brown
7. about 4 minutes per side. Dotdash Meredith Food Studios Meanwhile
8. make the sauce: Whisk chicken broth
9. cornstarch
10. sugar
11. cooking wine
12. and soy sauce together in a saucepan over medium-low heat; simmer until sauce thickens
13. about 5 minutes. Dotdash Meredith Food Studios Spoon sauce over patties.