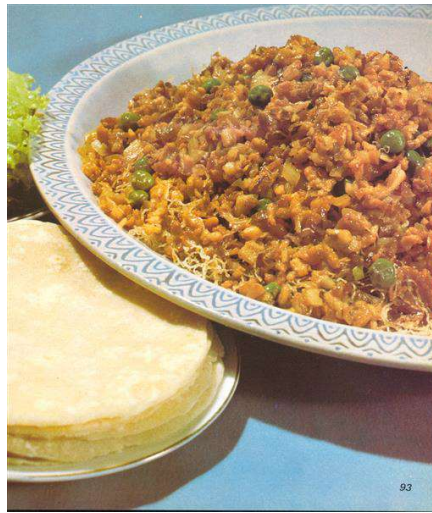


Minced Pigeon



1/2 pound chicken meat
6 Ounces Lean Pork shoulder
1 Cup Onion, Chopped
4 Dried Black Mushrooms
1 Cup Water Chestnuts, Chopped
3 Tablespoons Green Peas
24 Lettuce Leaves
3 Ounces Rice Noodles
5 Cups Oil
For the Marinade
1/2 Tablespoon Soy Sauce
1 Teaspoon Salt
1 Egg Yolk
2 Teaspoons Cornstarch
1/2 Teaspoon Sugar
For the Seasoning Sauce
1 Tablespoon Soy Sauce
1 Tablespoon Soup Stock
1 Teaspoon Cornstarch
1 Teaspoon Salt
1 Teaspoon Sesame Oil
1/4 Teaspoon Black Pepper

Cuisine: Chinese

Cook Time:

Cut the chicken meat and pork into small cubes, put in bowl, marinate with soysauce, salt, egg yolk, cornstarch, and sugar. Let stand for 10 minutes.

Soak dried mushrooms in warm water, discard stem, chop into small cubes.

Heat oil very hot, deep fry the rice noodles until puffed and golden (only 3 seconds each side). Remove and let cool, then crush fine.

Use 3 Tablespoons heated oil to fry the chicken and pork mixture until well done. (about 3 minutes). Remove to bowl.

Heat another 3 Tablespoons oil in fry pan, add chopped onion, fry one minute, add mushrooms and water chestnuts, stir fry another minute over high heat. Then add meat mixture, green peas and seasoning sauce. Stir until mixed thoroughly.

Pour over the fried rice noodles. Serve with lettuce leaves cut into 2 1/2" round pieces, which will be used to wrap around the meat and noodle mixture.

Per Serving (excluding unknown items): 10327 Calories; 1106g Fat (94.8% calories from fat); 28g Protein; 107g Carbohydrate; 8g Dietary Fiber; 275mg Cholesterol; 5925mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 Lean Meat; 3 1/2 Vegetable; 219 1/2 Fat; 0 Other Carbohydrates.