The trade mark LaChoy is the guarantee of Quality and Purity in Oriental delicacies for American Tables.

Distributed with Compliments of Haskell-Adams Co. Wholesale Grocers Boston, Mass.

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LaChoy Sprouts
A Universal Vegetable

LaChoy Sprouts, mild in flavor, blend wonderfully with practically every variety of food. You will find them a pleasing addition to any soup. They are remarkably fine in all fruit and vegetable salads, and impart richness, food value, and palatability to meat dishes, gravies, sauces, stews, etc. As a vegetable dish with drawn butter or steak juice they are delightful; further, they are indispensable in all Oriental dishes.

LaChoy Sprouts are not grown in dirt, but are cultivated in scientifically designed and sanitary laboratories where scrupulous cleanliness is necessary to successful germination and preservation. They are wholesome, satisfying and rich in food elements necessary to a balanced diet. Doctors recommend LaChoy Sprouts and hospitals serve them for children, for invalids and convalescents, and as a meat substitute. Laboratory tests show that this vegetable contains a high percentage of life giving elements, vitamins.

A Few of Many Ways to Use LaChoy Products

The following recipes suggest only a few of the ways in which LaChoy Products may help you in preparing your daily menu. You may secure them through your neighborhood grocer. Experiment in making different dishes with them. You cannot go wrong, and the improvements which it makes in the cuisine will be a pleasing revelation.
LaChoy Chinese Soy Sauce
LaChoy Chinese Sauce is an all around home sauce. Imported from China, the land of Ancient Civilization, where are grown the nutritious Soy beans, from which this sauce is brewed, it met with instant favor in this country, where it is prepared and bottled for general use.

All over the United States there are today magnificent restaurants made famous by the flavor of their foods through the use of this Sauce. This Savory Sauce of varied uses is now obtainable at your dealer's in sterilized bottles, sealed, insuring you a wholesome and pure as well as palatable product. As a result of LaChoy's popularity, other sauces of like appearance have come on the market. The modified Chinese word, LaChoy, given to this Sauce, has been protected by law, both in the interest of the purchaser and the producer. Always ask for LaChoy Chinese Sauce and you will be sure to get the real imported product, brewed and aged according to the century old, perfected Chinese recipe.

OTHER “LaCHOY” PRODUCTS
As a protection to the general public and to supply the much desired Chinese Food Specialties in convenient and sanitary form, LaChoy Food Products, Inc., distributes under its trade mark “LaChoy” the following articles of food:

LaChoy Chinese Soy Sauce
LaChoy Sprouts
LaChoy Sub-Kum—Combination of Sprouts, Bamboo Shoots and Water Chestnuts.
LaChoy Chinese Brown Sauce
LaChoy Chow Mein Noodles

Your grocer probably carries this full line of LaChoy products; but if not, he can secure them for you by writing us. In writing for recipes always mention your dealers name so that we can supply you.

LaCHOY FOOD PRODUCTS, INC.
Detroit, Mich.
**AMERICAN RECIPES**

**BEEF BROTH OR BEEF TEA**  
For Three Persons  

\( \frac{1}{4} \) pound of beef diced in small squares. Boil in four cups of water for 20 minutes, add 2 tablespoonfuls LaChoy sauce. No salt. This will give you a really healthful pure broth with just the right color, flavor and rich taste for course dinners or for invalids. The above broth may be prepared with any meats, soup bone, or fowl, and vegetables may be added when a thick soup is desired.

**LaCHOY SOUP**

To 1 can of clear soup, or 4 cups of soup stock, add 2 cups of LaChoy Sprouts and boil three or four minutes. Remove from fire and stir in 2 eggs. Season to taste with LaChoy Chinese Sauce.

**GRAVIES**

In making gravies of any kind, LaChoy Chinese Sauce may be used instead of salt, and with advantage in flavor and appearance. It will give the rich brown color you desire.

**'AU JUS' GRAVY FROM ROASTS**

In roasting Hams, Beef, Chicken, etc., baste with two tablespoonfuls of LaChoy Chinese Sauce to two cups of water. This will give you a delicious 'au jus' gravy which you can serve with mashed potatoes.

**CREAMED LaCHOY**

Thicken slightly 2 cups of cream or milk with flour. Salt to taste. Add 2 cups of LaChoy Sprouts. Cook 3 minutes and serve.

**LaCHOY WITH CURRY**

Cut \( \frac{1}{2} \) lb. lean pork or beef in small pieces. Add 1 teaspoonful Curry powder. Cook in 1 cup of water. Add 2 cups LaChoy Sprouts and serve with LaChoy Chinese Sauce.
LaChoy Sprouts—the Ideal Salad Vegetable

STEWS

In making stews of any kind, LaChoy Sprouts will be found a highly desirable addition. Season stews with LaChoy Chinese Sauce while cooking, instead of adding salt. Appearance and flavor will be improved.

BAKED DISHES

In baking beans or fish or other like dishes season with LaChoy Chinese sauce; with beans it gives that dark brown color so much desired. The Sauce is equally desirable on cold baked beans.

BRAISED MEATS

Take a thick steak, pound in all the flour that it will take. Fry in skillet until brown, pour over this steak ½ cup of catsup or tomato sauce, two tablespoonfuls of LaChoy Chinese Sauce, no salt, and let it simmer on top of the stove or in the oven for half an hour, adding a little water when necessary. Slow fire.

SAUCE FOR COLD MEATS

In serving any kind of cold meats, boiled or roasted, make a sauce with two tablespoonfuls of LaChoy Chinese Sauce, three tablespoonfuls of Chili sauce or catsup with a pinch of good mustard mixed together—no salt. You will find that this kind of sauce is a particular favorite with the men.

FISH

LaChoy Chinese Sauce adds zest when used on fried perch or any kind of fish. In baking or frying fish whether rolled in flour or not, add a few drops of LaChoy Chinese Sauce while it is cooking. Do not forget to take a few bottles with you when going fishing or camping.

SCALLOPED LaCHOY WITH POTATOES IN CASSEROLE

Slice 3 raw potatoes and mix with 2 cups LaChoy Sprouts. Add 1 teaspoonful LaChoy Chinese Sauce. Put in baking dish and add 1 cup milk. Cover with 4 strips of bacon or slice of ham. Bake in moderate oven.

Chop Suey Flavor Depends on LaChoy Sauce
PLANKED STEAK WITH LaCHOY
Steak cut 1½ to 2 inches thick. Sear quickly on both sides in broiler or frying pan. Remove to hot steak plank and cook in oven until done. Garnish with mashed potatoes, peas, carrots and 2 cups LaChoy Sprouts. Serve with LaChoy Chinese Sauce.

BROILING STEAKS AND FOWLS
Add a few drops of LaChoy Chinese Sauce while broiling instead of salt. You will find it will preserve the sweetness of the meat.

LaCHOY SALAD WITH COLD MEATS
In place of potato, use LaChoy Sprouts. Onion, Sprouts and dressing mix better and make a pleasing dish with cold meats.

LaCHOY AU GRATIN
3 potatoes, sliced. 1 chopped onion. 1 chopped green pepper. 2 cups LaChoy Sprouts. Put all ingredients in baking dish, season with LaChoy Chinese Sauce and add 1 cup milk. Cover with 1/4 lb grated cheese and bake in moderate oven.

LaCHOY AU JUS
Cut in 1/2 inch squares 1/2 lb. beefsteak. Cook thoroughly in 2 cups water; season with 1 tablespoonful LaChoy Chinese Sauce and boil again 5 minutes. Heat 2 cups LaChoy Sprouts, drain, arrange on platter and smother with meat mixture.

LaCHOY WITH CHOPPED BACON
Chop 1/4 lb. bacon and fry until done. Remove from fire and add teaspoonful vinegar. Pour this over 3 cups of LaChoy Sprouts, drained and heated ready for serving.

LaCHOY COLD SLAW
Drain LaChoy Sprouts and make into cold slaw according to your favorite recipe, merely substituting Sprouts for cabbage.

SERVING LEFTOVERS
Hash is really very popular if made with good ingredients and well seasoned. Grind your leftover meats with liberal quantity of onions and add chopped cold boiled potatoes. Moisten with LaChoy Chinese Sauce and mold into patties. Bake in oven or fry in pan until brown.
LaCHOY OMELET
Add 1 cup LaChoy Sprouts, drained, to 2 beaten eggs. Pour half into small buttered frying pan. Sprinkle with finely chopped bacon or ham. Add remainder of egg mixture. Cook as plain omelet.

CREOLE SAUCE
This popular sauce is made of vegetables such as celery, LaChoy Sprouts, tomatoes, peas, green peppers and carrots, chopped and mixed together and stewed about two hours. It is seasoned with pepper and LaChoy Chinese Sauce.

SALAD DRESSINGS
In serving Mayonnaise dressing, thin it a little with a few drops of LaChoy Chinese Sauce. For vegetable salads, such as combination, cucumber or lettuce salads, a dressing made as follows is widely popular: 2 tablespoonfuls olive oil. 1 tablespoonful vinegar or lemon juice. 1 tablespoonful LaChoy Chinese Sauce. 1 teaspoonful sugar. Pinch of mustard and paprika. Beat together and pour over salad.

STEWED VEGETABLES
Boiling vegetables with salt alone does not bring out all the qualities that please the palate. A few drops of LaChoy Chinese Sauce in stewed tomatoes, beans, mushrooms, boiled dinners, etc., will give new zest to these dishes.

FRUIT SALAD
Stone ½ lb. dates and cut in small pieces. Seed 1 lb. California grapes and cut in halves. Cut flesh of one grape fruit and a few pieces of LaChoy Crystalized Leaf Ginger into small pieces. Add 2 cups LaChoy Sprouts. Mix and serve with Mayonnaise dressing.

WALDORF SALAD
Mix equal quantities finely cut apple, celery, and LaChoy Sprouts. Mix thoroughly with Mayonnaise dressing. Garnish with strips of pimentos, Maraschino cherries and nut meats.

COMBINATION SALAD
Mix 1 cup LaChoy Sprouts and ½ cup chopped celery. Cut 4 radishes and 1 cucumber in thin slices. Slice ½ green pepper in rings. Sliced vegetables should be laid in alternate layers. Serve with French dressing or Mayonnaise, flavored with LaChoy Chinese Sauce.
Use LaChoy Chinese Sauce for all Seasoning Purposes

PIEAPPLE SALAD
Boil 3 cups LaChoy Sprouts in pineapple juice. Cover with Mayonnaise dressing, lightly flavored with LaChoy Chinese Sauce. Sprinkle with chopped nut meats and garnish with green or red cherry.

SIMPLE VEGETABLE SALAD
Mix 3 cups LaChoy Sprouts with chopped lettuce and green onions. Serve with French dressing or Mayonnaise flavored with LaChoy Chinese Sauce.

SIMPLE VEGETABLE DISH
Drain jar of LaChoy Sprouts and fry 4 minutes in butter. Serve with LaChoy Chinese Sauce.

MARSHMALLOW SALAD
Two cups Marshmallow Cream; ½ cup nut meats; 1 cup LaChoy Sprouts. Mix and mold in a cup and serve on a lettuce leaf with Mayonnaise flavored with LaChoy Chinese Sauce.

WHITE FRUIT SALAD
Cut pineapple, grape fruit flesh and bananas into small pieces. Add 1 cup LaChoy Sprouts and mix with Mayonnaise, flavored with LaChoy Chinese Sauce. Place on lettuce leaf and top with whipped cream.

EMERGENCY SALAD
Chop fine the lean portions of any cold leftover meat and mix with LaChoy Sprouts and any desired salad dressing. Serve with salted wafers.

SHRIMP SALAD
To 3 cups LaChoy Sprouts, add 1 can of shrimps, minced. Mix thoroughly with any desired salad dressing, adding a few drops of LaChoy Chinese Sauce. Pour onto lettuce leaf and sprinkle with paprika and chopped parsley.

TOMATO SALAD
Peel 1 large tomato and remove some of pulp. Stuff with LaChoy Sprouts mixed with salad dressing flavored with LaChoy Chinese Sauce. Serve on lettuce leaf. Top with Mayonnaise.

CHOW CHOW, PICKLES, ETC
LaChoy Sprouts are readily adaptable to your use in pickles, chow chow, etc. They may be included in any of your favorite recipes for such appetizers.

STEWED LaCHOY WITH TOMATOES
2 cups LaChoy Sprouts. 2 tomatoes or ½ can tomatoes. Bring to boiling point with 2 tablespoonfuls LaChoy Chinese Sauce. Add 1 slice dried bread cut into squares.
Use LaChoy Chinese Sauce for all Seasoning Purposes

CHINESE RECIPES

LaChoy Chinese Sauce and LaChoy Sprouts are Necessary in Making the Following Chinese Dishes

Making Chop Suey, Chow Mein, and Egg Foo Yong does not take particular skill; on the contrary they involve less work than most other kinds of foods. All Chop Sueys are prepared and cooked alike, the only difference between the various kinds such as Chinese, American, Mushroom, Green Pepper, Tomato, Chicken, etc., being in the ingredients. For example, Green Pepper Chop Suey would be prepared and cooked same as Chinese Chop Suey except that thinly sliced green pepper would be added to the LaChoy Sprouts and other vegetable ingredients.

POPULAR CHINESE CHOP SUEY

For Two Persons

½ pound lean pork, veal, or beef tenderloin cut in pieces.  
2 cups celery cut to same size as meat.  
1 cup of dry onions cut in small pieces.  
3 cups LaChoy Sprouts.  
3 tablespoonfuls LaChoy Chinese Sauce.

1. Bring lard or cooking oil in skillet almost to boiling point.
2. Fry the prepared meat with tablespoonful of LaChoy sauce alone until done, stirring constantly.
3. Next add Celery and Onions and a little soup stock and cover over to cook until vegetables are done to your liking. Add LaChoy Sprouts and heat thoroughly.
4. Add gravy and serve hot with Rice. The gravy may be made as follows: To half cup of broth or the juice of meats, add tablespoonful of flour and tablespoonful of LaChoy Chinese Sauce and stir until smooth.

The above, in general, is the way to make fine Chop Suey as suggested by the head Chefs of 15 famous Chinese Restaurants. If elaborate Chinese dishes are desired, add Chinese water chestnuts, bamboo shoots, mushrooms, green pepper, asparagus, almonds, etc., at the same time as LaChoy Sprouts.

Use LaChoy Chinese Sauce for all Seasoning Purposes
Use LaChoy Brown Sauce to color Chop Suey

EGG FOO YONG
For Three Persons
5 eggs; ½ cup of shredded green onions, ½ cup finely chopped bacon, ham or cold roasted meat of any sort; ½ cup chopped mushrooms, 2 cups LaChoy Sprouts. Beat the eggs with the other ingredients until a thick consistency is secured; divide into six portions—mold into a soup ladle or cup and pour carefully into a shallow pan of hot frying fat or oil. When one side is brown turn over and brown the other. Do not use too hot a fire.

Make gravy with LaChoy Chinese Sauce, as in the case of Chop Suey, and serve while hot.

CHOW MEIN
For Four Persons
Chow Mein is one of the most favorite and yet easy to make of all Chinese dishes. Use any kind of meat desired in making the Chop Suey covering.

Simply get a can of La Choy Chow Mein Noodles at your dealers where you purchased the La Choy SAUCE and SPROUTS. Empty them into a pie tin and warm in oven for a few minutes.

Next cook the Chop Suey ingredients as in the former Recipe. Mold the hot noodles in oval dish or plates, and cover over with Chop Suey; decorate with lettuce and sliced cold boiled eggs; sprinkle with chopped nuts and serve while hot, with LaChoy Chinese Sauce as a condiment.

If extra fine Chop Suey or Chow Mein is desired, add the contents of SUB-KUM package to the regular ingredients. Sub-Kum has bamboo shoots and water chestnuts.

CHOP SUEY RECIPE
For 75 to 100 Persons
(Restaurants, Church, Society and Club Suppers)
12 lbs. lean pork, veal or both in equal parts; 5 lbs. dry onions; 3 dozen stocks celery; 1 can of tomatoes No. 3; 10 No. 3 cans LaChoy Sprouts; 1 pt. or 2 bottles LaChoy Chinese Sauce.

We think that the above is the right proportion of ingredients. The method of making gravy, cooking the mixture etc., are the same as in cooking the smaller portions.

For a larger quantity use the same proportions as given here.

LaChoy Brown Sauce is Imported Chinese Ingredient
Old World Flavors for New World Palates

The infinite variety of the American dinner-table is due to the American housewife's genius in adopting to her uses the foods and flavors of other nations and races than ours. She profits by the experience of others, and raids the larders of all the world for delicacies to please her family. The oldest recorded civilization is that of China and Korea where, for untold centuries, the natives have eaten foods which science has but recently recognized as rich in the most essential food elements—the mysterious but life giving vitamins. But more than this, the Oriental cuisine is unexcelled for ingenious and delicate preparation of viands which are, at last, available for the America kitchen under the protecting trade-mark "LaChoy."

The work of the Chinese, in the growth and preparation of foodstuffs, is like their art and craftsmanship, honest and above reproach. Their skill is that of the originator, and the uniform quality of their products is the result of pains-taking, unhurried processes. The test of their standard of excellence has been the test of time.

LaChoy Products are the Highest Expression of the Art of Chinese Cookery
DR. KELLOGG ON SOY BEANS AND BEAN SPROUTS

Most foods are eaten because they "Taste Good." That is why LeChoy SAUCE and LeChoy SPROUTS are so widely used by the American people.

The other function of food is to nourish the body. LeChoy SAUCE and LeChoy SPROUTS contribute much toward good health.

LeChoy SAUCE is brewed from only the most nutritious Soy Beans of China, and LeChoy SPROUTS are scientifically cultured from the Choicest imported Chinese beans.

We quote, with permission, from an article written by the world renowned Dr. John Harvey Kellogg of the Battle Creek Sanitarium.

"The Chinese have long made use of sprouted seeds in the form of salads and combined with vegetables in various ways. A very good salad may be prepared from sprouted soy bean seeds which have been allowed to grow to the length of about an inch. Sprouted soy bean seeds also add an excellent quality to vegetable soups. The property which these seeds have of producing highly valuable vitamins makes very desirable the encouragement, in this country, of the use of sprouted seeds."

"Sprouted beans are one of the chief ingredients of the famous CHOP SUEY of the Chinese Restaurants, and may account for the popularity of this dish. Sprouted beans eaten as salad supply all three of the vitamins, a fact well worth knowing."

The LeChoy Food Products Company feel that they are rendering a valuable service in making it possible for the average home to have the Sprouted Seeds and Soy Bean Sauce at a reasonable cost. Obtainable at Grocers and Jobbers.