

Bean Sprout

RECIPES

A Delicious Vegetable of Many Uses



THE process of growing Sprouts from Chinese beans is described in this booklet in order to familiarize the users of Bean Sprouts with the interesting and careful manner in which they are prepared.

HOW THEY ARE GROWN

Bean Sprouts are grown from small dried beans which are imported from China. These dry beans contain a very small percentage of water which makes them sprout quickly. A few pounds of beans are placed in a twenty gallon stone jar with a hole in the bottom. This hole is to give the bean sprouts proper drainage when required.

First the beans are soaked in water at a temperature between 90° and 100°. This water remains on the beans until germination starts and they begin to crack, when the water is drawn off through the hole in the bottom of the jar. Then they are left without any attention for 10 hours, after which the spraying process begins. They are now sprayed constantly for 24 hours at a temperature of about 90° when they are about half an inch long and very tender. During the next 24 hours the temperature of the water is reduced to 70° when they have become about an inch long. Then, because of their very rapid growth, they tend to develop temperature rapidly which must be kept controlled by constant spraying at 65°. This process is continued until they have become about two inches long. The length of time varies with atmospheric conditions. During this final period the room in which they are grown must be kept very well ventilated and very dark, otherwise they will grow very rapidly and very long and will become green in color, soft, and

rank in flavor. At exactly the right time they are removed from the stone jars and passed through a washing machine specially made to remove the hulls which have been freed from the beans by the germinating process. After passing through this machine they are immersed in a bath of cold water where any hulls which may have passed through the washing machine are removed. They are then packed by hand in cans, the cans are sealed and cooked and are ready for shipment.

It will readily be seen why they are so popular among the Chinese. It is because of the tremendous rapidity of their growth and the enormous increase in volume, increasing many times in weight in from four and one-half to five and one-half days.

It is possible to secure a much greater increase than this by allowing the sprouts to continue to grow for another day or two, but in so doing there is a considerable loss in quality because they become much tougher and acquire a much stronger bean flavor. In the Columbia Conserve Company process of growing bean sprouts great care is taken to insure the best possible quality in the finished product, which is reflected in the tenderness of the sprouts plus the fine flavor retained.

In the foregoing detailed description of how bean sprouts are grown, it may be seen that very careful watching is necessary all through the process. It took many days, and nights (since this product demands 24 hours service and care), of experimentation to discover the correct way to achieve the desired results.

SUGGESTED RECIPES AND USES

As yet the American people are not very familiar with the diversified uses for this product, nor the delicious dishes which may be made with them—using them either as an ingredient with other things or as a straight vegetable in the same manner as, for instance, peas or string beans are used.

In order to better acquaint the American people with the various ways in which bean sprouts may be used, we offer the following suggestions.

Among the more familiar uses for this product are their inclusion as an ingredient in the so-called Chinese dishes—Chop Suey; Chow Mein; Egg Foo Yong, etc. We list, herewith, several recipes for their use in this manner:

No. 1. RECIPE FOR MAKING FINE CUT CHOP SUEY OR CHOW MEIN

Materials for four medium portions.

- 3 tablespoons vegetable or animal fat
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup of fine cut onions (if desired)
- 1 cup diced raw pork, veal, fowl or sea food
- $1\frac{1}{2}$ cups celery, cut into small pieces
- 1 can bean sprouts, drained

THICKENING

- 3 level tablespoons corn starch
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon Brown Sauce or sugar
- 2 tablespoons Soy Sauce when using Brown Sauce. When sugar is used instead of the Brown Sauce, use 3 tablespoons of Soy Sauce.

COLUMBIA



BEAN SPROUTS

PREPARED BY
THE COLUMBIA CONSERVE CO.
INDIANAPOLIS, IND.

CONTENTS 1 LB. 4 OZ.

EMPLOYMENT ASSURED

We, the workers, who packed this product, own and manage this business. For us there is no unemployment as we are retained by the year and can be discharged only for conduct detrimental to the business. We are paid during illness and are pensioned when we are no longer able to work. We receive complete medical, optical, dental and hospital care at the company's expense. We also receive liberal vacations with pay.

As this is an experiment in workers ownership and in the complex problems of group relationships, it necessarily changes as we deal with new problems and thus gain new experiences. We are glad at any time to furnish the latest details.

The Columbia Conserve Company
Indianapolis, Indiana

DIRECTIONS

Bean Sprouts need no cooking. For salads remove liquor and serve with desired dressing. Also as garnish for mixed vegetable salads, season with Chinese sauce. For steaks, smother with Sprouts same as with onions.

For soups add Sprouts one minute before removing from fire. As a vegetable serve with cream gravy like peas, asparagus, etc. Fry as shoestring potatoes.

METHOD OF COOKING

1. Heat fat in covered sauce pan or skillet over brisk fire; add salt, meat and onions, stir constantly and cook rapidly until meat is well seared (4 minutes).

2. Add celery and water, cover and boil until the celery is done (4 minutes).

3. Place thickening ingredients in bowl and mix well.

4. Add bean sprouts, drained, to contents of skillet; mix while heating thoroughly. Take two tablespoons of liquid from cooking mixture and stir into thickening until smooth. Add to Chop Suey, stirring constantly to prevent burning. Remove from fire; serve piping hot.

METHOD OF SERVING

To serve Chop Suey, use a can of Cooked Rice, or your own rice, which should be steamed until light and fluffy.

To serve Chow Mein, use a can of Chow Mein Noodles. Empty into pan and warm slightly. Mold on a platter or individual plates and cover with the Chop Suey.

Individual dishes may be garnished with lettuce and decorated with green onions, sliced cold boiled egg or slender strips of fried beaten egg, whole or chopped nuts. Season to taste with Soy Sauce.

No. 2. CHOP SUEY RECIPE

- 3 tablespoonfuls Chop Suey Sauce
- 1 tablespoonful Bead Molasses
- 1 cup meats (pork, beef, veal or chicken)
- 1 cup onion (sliced thin)
- 1 cup shredded celery
- 1 can bean sprouts

Cut the meat into small pieces and fry with a little lard, oil or butter until nearly done. Add the vegetables except the Bean Sprouts, and a little water or meat stock, a pinch of pepper, a tablespoonful of sugar and enough Chop Suey Sauce to suit taste. Cook under cover about 15 minutes. Mix a little starch or flour with a tablespoonful of Bead Molasses separately in a half cup of water. Add the Bean Sprouts and Bead Molasses mixture to the above ingredients and bring to a boiling point. Serve with rice.

(Leftover or cooked meat can be substituted.)

No. 3. RECIPE FOR EGG FOO YONG

Drain can of Bean Sprouts. Beat three eggs well, mixing with the Bean Sprouts thoroughly. (Add chopped celery and onions if you prefer.) Fry as an omelet in a hot skillet. Make separately a gravy from meat stock, or water, a tablespoonful Bead Molasses. Thicken with flour or corn starch. Pour gravy over omelet and serve with rice and Chop Suey Sauce. Note: Shrimp or chopped ham can be included in the above recipe for Egg Foo Yong.

ADDITIONAL USES

Bean sprouts are delicious when used as an ingredient in vegetable or fruit salads, i. e., in combination salads, with tomatoes, cucumbers, lettuce, pimientos. Cooking is unnecessary as these Sprouts

are ready for instant use. Serve with your favorite dressing.

They also are used as a garniture for steaks, chops, etc., using them instead of onions or mushrooms, or in combination with them.

Still another use for them is as a vegetable in soups.

These suggestions are among the more commonly known ways of serving Bean Sprouts—in combination with other things.

However, they are very palatable when used as a straight vegetable—a fact which is not so generally well known! For instance, they can be prepared in the same manner as Shoe String Potatoes.

Or—try them in the following ways—as a vegetable on their own:

No. 4. BEAN SPROUT SALAD RECIPE

Bean Sprout Salad (cold), simply pour off the liquor from the sprouts when you open the can, and serve with mayonnaise or French dressing (drain as dry as possible before adding dressing). Any other dressing may be used—to suit the individual preference.

No. 5. AS A STRAIGHT VEGETABLE

In a manner similar to the use of canned peas or canned string beans, pour off liquor, add about a tablespoonful of butter, and salt and pepper to taste. Heat and serve (care should be taken not to cook the sprouts, simply heat them, and serve hot).

No. 6. AS A CREAMED VEGETABLE

Prepared as a creamed vegetable, instead of buttered as in the foregoing suggestion.

Numerous other ways of serving Bean Sprouts may suggest themselves to the cooks who like to experiment with new ways of serving things. The suggestions we have made will tend to stimulate thought along this line for this product.

“QUALITY”—THE KEYNOTE IN COLUMBIA BEAN SPROUTS

In concluding this leaflet may we again call the reader's attention to the fact of careful handling necessary in the preparation of our Bean Sprouts and ask that you give them a careful trial—on the basis of quality and taste. Try them in several of the ways suggested in this booklet, or of your own invention. We are sure you will be delighted with the results.

Other products manufactured by us include 18 varieties of soups, beef stew, lamb stew, chili con carne, pork and beans, whole wheat cereal, spaghetti with beef and tomato sauce, catsup and tomato juice.

The Columbia Conserve Company

(Operated Under Worker Ownership and Management)

INDIANAPOLIS, INDIANA

Dear Sir,
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