

# Egg Foo Young Recipe

Cook Time:

## Ingredients

### Gravy

2 tbl Vegetable oil  
2 tbl Flour  
1 cup Chicken broth  
1 tbl Oyster sauce  
1 tsp Dry sherry  
¼ tsp Salt  
¼ tsp White pepper

### Egg Patty

6 Eggs  
3 tbl Flour  
1 ½ cup Bean sprouts,  
¾ cup grated zucchini  
½ cup Small. white onion, chopped  
¾ cup chicken (or shrimp)  
¼ tsp Salt  
¼+ cup Vegetable oil

## Directions

To make gravy: Mix oil & flour in a preheated skillet and cook over medium heat to make a roux. Gradually stir in broth along with remaining gravy ingredients, cooking until a gravy consistency is reached.

Crack eggs, whisk in flour. Add sprouts, zucchini, onions & salt thoroughly. Heat an 8 inch skillet over moderate heat until hot, add ½ Tbsp oil. Pour ¼ of the mixture into the skillet, cook about 1-2 minutes, flip omelet style, cook another 1-2 minutes, keep warm in oven. Repeat for remaining portions. Pour gravy over all and serve.