



Chinese American Stir-Fried Cabbage with Bacon

Featured on September 30, 2021 “Stir-Frying to the Sky’s Edge: Chinese Americans and the Power of Stir-Frying” demo with Grace Young

Tane Ong Chan, owner of the Wok Shop in San Francisco’s Chinatown, remembers her mom making this dish in Albuquerque, New Mexico, when she was growing up in the 1940s. This is a very simple stir-fry typical of what Chinese Americans living outside of Chinese communities in America were forced to cook. Unable to find Napa cabbage or Chinese bacon, Lin Ong substituted regular cabbage and American-style bacon. It’s an example of the ability of clever Chinese American home cooks to make do with what they had and still produce a delicious recipe.

– Grace Young

Chinese American Stir-Fried Cabbage with Bacon

Recipe by Grace Young

Yield: 4 servings

Ingredients

- 4 slices bacon, cut into ½-inch-wide pieces (about 3 ounces)
- 2 tsp minced garlic
- 1 pound green cabbage, cored and cut into ¼-inch-wide shreds (about 8 cups)
- ¼ cup chicken broth or water
- 2 teaspoons soy sauce
- ¼ teaspoon salt
- 1/8 teaspoon freshly ground pepper

Directions

Spread the bacon pieces in an even layer in a cold 14-inch flat-bottomed wok or 12-inch skillet. Cook over medium heat undisturbed for 1 minute or until the bacon begins to release its fat. Then, using a metal spatula, stir-fry on medium heat for 2 minutes or until the bacon begins to brown and more fat has been released. Add the garlic and stir-fry for 10 seconds or until the garlic is fragrant. Add the cabbage and stir-fry for 2 minutes or until the cabbage just begins to wilt. If the mixture is dry add 1 to 2 more tablespoons of vegetable oil (peanut, grapeseed or canola). Swirl in the broth, cover the wok,

and cook for 30 seconds. Uncover, add the soy sauce, sprinkle on the salt and pepper, and stir-fry for 1 minute or until the cabbage is crisp tender. Serves 4 as a vegetable side dish.



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