

Which Henry's Chicken?

By MARIAN BURROS

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WASHINGTON — The White House embargo on "Henry's Recipe" for Chinese chicken and walnuts has been lifted by default.

In the hands of the Washington Star since last November, it had been under wraps until today when it was learned that the Ladies Home Journal will release its version.

Pat Nixon inadvertently fanned the culinary fires last fall when she said that "Henry" had a recipe for chicken and walnuts. Since Henry Kissinger had just returned from his mission to Peking, reporters made the incorrect assumption that Mrs. Nixon was talking about a recipe brought back by her husband's foreign

policy adviser.

Mrs. Nixon, however, was referring to another "Henry" — Swiss-born White House chef Henry Haller. The White House subsequently released to the Star the Haller recipe, a Cantonese-American version of the Chinese dish that was far removed from any chicken and walnuts Kissinger might have found in Peking.

The recipe was kitchen-tested, photographed and ready to appear in print when the White House changed its mind. The recipe could not be released, a spokesman said, without Mrs. Nixon's approval. The approval was never granted.

Now comes the question: Was the real reason for the embargo the fact that exclu-

sivity of the recipe had already been granted to the Journal? After comparing the version which the Star has had since November and the one to be released by the magazine, the inescapable conclusion is "yes."

Except for three differences of proportions and the optional use of sherry which Haller had recommended, the recipes are the same. Because the magazine's calls for two pounds of chicken breasts and the Star's for 1½ pounds, the former is supposed to serve six, the latter three.

So the secret finally is out. When Kissinger sat down at the Washington Press Club's dinner last night, he and 1,000 VIP's dined on — you guessed it—Chinese chicken and walnuts, named on the menu as Classified Chicken.

The source of the recipe had not been announced, but with a lifted embargo, credit can now be given where credit is due: White House Chef Henry Haller.

Here follows the home-tested version of Haller's recipe:

CLASSIFIED CHINESE CHICKEN AND WALNUTS

- 1 cup julienne bamboo shoots
- 2 cups julienne Chinese cabbage
- 1 cup julienne celery
- 8 water chestnuts, sliced paper thin
- 3 tbsps. peanut oil
- 1½ cups walnut meat
- 1½ lbs. uncooked white chicken meat, julienne
- ¾ tsp. salt
- 2 tbsps. cornstarch
- 2 tbsps. soy sauce
- 1 tsp. sugar
- 2 tbsps. dry sherry (optional)
- 3 tbsps. peanut oil
- ½ cup chicken stock or broth

In three tbsps. oil lightly saute bamboo shoots, cabbage, celery, onions and water chestnuts, cooking only until crisp. Remove and drain the walnuts in the oil; drain. Combine the salt, cornstarch, sugar, soy sauce and sherry. Dredge the chicken in the mixture, heat three tbsps. oil in pan and quickly saute the chicken in the hot oil, until tender. Add the stock to the chicken. Heat. Add the vegetables and nuts and heat through. Serve with rice. Serves six as part of Chinese meal; three as only dish.



CHEF HALLER



DR. KISSINGER