

PORK IN GARLIC SAUCE WITH WOOD EAR MUSHROOM

A famous pork-stir-fry recipe from Sichuan Cuisine
Requires 25 minutes to make. Serves 2 adults.



Ingredients

2 T. Wood Ear mushrooms	½ Lb. pork tenderloin
1 small section of lettuce stems	1 fresh red pepper
1 fresh green pepper	6 fresh long red chili peppers
2 garlic cloves, chopped	1" fresh root ginger sliced
2 green onions (white parts cut small)	1 T. green onion tops (chopped for garnish)
2 T. peanut oil	

Marinade Sauce:

1 tsp. starch	1 tsp. Salt
2 tsp. cooking wine	

Stir Fry Sauce:

1 T. cornstarch	2 T. cooking wine (or dry sherry wine)
2 T. light soy sauce (low sodium)	2 T. black vinegar
2 tsp. sugar	2 tsp. salt
1 T. sesame oil	

Directions

Shred the pork tenderloin and then marinade with salt, cooking wine and starch. Mix well and set aside.

Wash Wood Ear mushrooms carefully. (If they are a little dry, you can soak them in warm water for a few minutes.) With a small paring knife remove the small tough root from where the mushroom grew. Cut the black ear mushrooms, lettuce stems and peppers into shreds in similar sizes too.

Prepare another bowl, add all the ingredients for stir-fry sauce; mix well and set aside. Heat up 2 T of oil in a wok; Remove pork from marinade and stir-fry until the pork become white. Remove shredded pork out of the wok to a plate. Leave 1 T. of oil in wok; add garlic, ginger and green onion to stir fry for a minute until they release their aroma. Then remaining ingredients in to stir-fry for around 1 minute and then return the pork shreds. Add stir-fry sauce and stir-fry until the sauce is evenly coated on the ingredients. Move out from the wok and garnish some spring onions.

Notes:

If you do not like a spicy flavor, you can skip the chopped chili peppers.

This mushroom is known contain anticoagulant substances that act like blood thinners creating effects similar to that of aspirin. If you are taking aspirin or other blood thinners, please consult your doctor before ingesting this mushrooms.

Credit: www.chinasichuanfood.com



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2AngelsMushrooms.com