

## **Pork & mushroom stirfry / Meat & Livestock Commission.**

### **Contributors**

Great Britain. Meat and Livestock Commission.

### **Publication/Creation**

Milton Keynes : Meat & Livestock Commission, [1996]

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*The* **Recipe**  
FOR *Love*

PORK &  
MUSHROOM  
STIRFRY

*Collection*



BRITISH  
MEAT

*Pork*

N° 19

## Pork & Mushroom Stirfry

*Cooking time:* Approximately 10 minutes



### *Ingredients (to serve 2)*

225g (8oz) lean pork steak, cut into strips

50g (2oz) mixed mushrooms (eg shitake, button, wild), sliced

1 x 5ml (1tsp) oil

### *Marinade*

4 x 15ml sp (4tbsp) dry sherry

2 x 15ml sp (2tbsp) dark soy sauce

1 x 15ml sp (1tbsp) clear honey

1 x 15ml sp (1tbsp) tomato purée

1.25cm (1/2 inch) root ginger, peeled and grated

1 x 2.5ml sp (1/2 tsp) cornflour

### *Alternative vegetable combinations*

1 carrot cut into thin sticks

50g (2oz) green beans

50g (2oz) fresh beansprouts

2 sticks of celery, cut into thin strips

1 carrot cut into thin sticks

50g (2oz) fresh beansprouts

5-6 baby corncobs, halved

50g (2oz) green beans

### *Method*

In a bowl mix together all the marinade ingredients except the cornflour. Add pork, cover and leave for 15 minutes.

Meanwhile, prepare vegetables of choice.

Drain pork and blend cornflour in marinade.

Heat oil in wok and stirfry the pork for 3-4 minutes until browned.

Add mushrooms and any additional vegetables and cook for 2-3 minutes. Add marinade and bring to boil to thicken.

Serve immediately with rice or egg noodles.

Meat and Livestock Commission, Milton Keynes MK6 1AX.



*Pork*

1996