

PORK STIR FRY WITH MUSHROOMS & BABY BOK CHOY

Serves 4

Ingredients:

Stryker Farm Pork Thick-Cut Pork Chops (Boneless)

1 cup of sliced oyster mushrooms

1 ½ cup of sliced shiitake mushrooms

2 baby bok choy, chopped

3 garlic cloves, minced

1 inch piece of ginger, minced

1 TSP Chinese five spice powder

2 TBSP sesame oil

2 TBSP red chili paste

3 TBSP dry sherry

3 TBSP soy sauce

2 TBSP fish sauce

scallions, sliced

2 cups cooked jasmine or sticky rice, for serving

Stir fries are great for weeknight meals. They can incorporate an array of vegetables in the fridge and they take very little time to prepare. Serve with sticky rice or jasmine rice.

Instructions:

1. Start by prepping the vegetables for the stir fry. Thoroughly rinse the baby bok choy, they tend to hide a lot of grit between their leaves. Chop off the end and cut up the rest into inch pieces, leaves and all.
2. Slice the oyster mushrooms and the shiitake. *NOTE: Shiitake stems are virtually inedible, tough and woody. Make sure to remove the stems, then slice the caps.
3. Put veggies aside and slice the pork chops. Pat them dry and slice them thinly against the grain of the meat. You could trim the fat first, but when you slice them this way, only a small end of fat remains on each piece adding to flavor without becoming an obstacle while eating.
4. Mince the garlic and ginger and add to a wok with the sesame oil over a high heat. When the garlic is fragrant, add the mushrooms.
5. Fry up the mushrooms, then add the pork in the middle of the wok. Add the sherry, soy sauce, fish sauce, chinese five spice and chili paste. Stir frequently for even, high heat cooking.
6. The pork will only take a minute or two to cook since you sliced them thinly. When the pork is just browned add the heap of baby bok choy.
7. Toss the bok choy with everything else in the wok. Keep stirring to evenly cook the veggies and meat. Cook until the bok choy leaves are wilted and the bok choy is still firm but easily broken up with a wooden spatula. (I like my bok choy to have a similar doneness to a broccoli stem).

8. Serve over sticky or jasmine rice with a sprinkling of chopped scallions.

The pork in the stirfry will be very tender combined with the mushrooms and bok choy.