

Braised Bean Curd and Pork Recipe

Ingredients: Serves 4

3 blocks firm bean curd, cut into 1-inch cubes
250g lean pork, boiled
2 scallions, cut into 2-cm lengths
10 slices of canned bamboo shoots
1 small carrot, sliced
½ cup snow peas
½ cup canned baby corn
6 button mushrooms
2 tablespoons soy sauce
1 teaspoon sugar
1 cup (225ml) stock
1 teaspoon corn flour rendered in 5 tablespoon cold water until smooth
4 tablespoons oil

Method:

Trim off and discard the mushroom stems. Set aside. Slice the pork into thin strips. Heat the oil in a deep pan or wok and sauté the bean curd for a minute. Remove and set aside. In the same wok, sauté the scallions, bamboo shoots, carrots, pork, snow peas, baby corn, and mushrooms for about a minute. Include the soy sauce, sugar and the stock and then bring to a boil. Finally, add the bean curd and simmer for 10 minutes. Thicken the dish by stirring in the rendered cornstarch, then turn off the heat. Serve hot.

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