

Pork in Black Bean Sauce Recipe

(Chinese Stir-Fried Recipe)

Ingredients: Serves 4-6

¾ lb (375 g) pork tenderloin
½ teaspoon baking soda (bicarbonate of soda)
¼ teaspoon each salt and sugar
⅛ teaspoon ground white pepper

For the sauce:

1½ tablespoons fermented black beans, well rinsed
1 tablespoon each oyster sauce and light soy sauce
1 teaspoon each Asian sesame oil, sugar and cornstarch (cornflour)
⅛ teaspoon ground white pepper
1 small yellow onion
½ each small green and red capsicums
2 tablespoons canola oil
2 cloves garlic, peeled
2 fresh ginger slices
1 tablespoon Chinese rice wine
Fresh cilantro (fresh coriander) sprigs
3 cups (15 oz/470 g) cooked long-grain white rice

Method:

Cut the pork into 1-inch (2.5-cm) cubes. In a bowl, combine the pork, baking soda, salt, sugar, white pepper, and 2 tablespoons water and mix well. Cover and marinate in the refrigerator for at least an hour or for up to 3 hours. To make the sauce, in a bowl, stir together the black beans, oyster sauce, soy sauce, sesame oil, sugar, cornstarch, white pepper, and ¼ cup (2 fl oz/60 ml) water. Set aside. Dice the onion. Cut the capsicum halves into cubes. Set aside. In a wok or large sauté pan over high heat, heat 1 tablespoon of the canola oil until almost smoking. Add the garlic and ginger and fry until golden brown, about 4-5 seconds. Using a slotted spoon, lift out the garlic and ginger and discard. Add the onion and capsicums and stir-fry until just tender, about 5 minutes. Add the rice wine and deglaze the pan, stirring to scrape up any brown bits from the bottom. When the wine has nearly evaporated, transfer the vegetables to a bowl. Remove the pork cubes from the marinade and pat dry with paper towels. Discard the marinade. Return the pan to high heat and heat until very hot. Add the remaining 1 tablespoon oil to the hot pan. When it is hot, add the pork and stir-fry until it browns and turns opaque, about 3 minutes. Transfer the meat to a colander to drain. Return the pan to high heat and heat until very hot. Add the cooked vegetables, the pork, and the sauce and stir-fry rapidly until the sauce thickens and the mixture is heated through, about 5 minutes. Transfer the pork mixture to a warmed platter, garnish with cilantro sprigs, and serve with the rice.

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