

Stir-Fried Pork Liver Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

180g pork liver
½ carrot
2 wood ear fungus
2 stalks bok choy
1 scallion
2 slices ginger

Seasonings:

1 tablespoon cooking wine
1 tablespoon soy sauce
½ teaspoon salt
a dash of pepper
½ teaspoon sugar
1 tablespoon cornstarch water

Method:

Cut pork liver into slices and blanch in boiling water for a minute, then remove and soak in cold water. Cut carrot into slices. Tear wood ear fungus into small pieces with hands. Rinse bok choy well and cut into small sections. Cut scallions into small sections. Heat 2 tablespoons of cooking oil to stir-fry scallions and ginger until fragrant. Add pork liver, carrot slices and wood ear fungus, then add bok choy as well as all the seasonings to mix. Sauté until all the seasonings are absorbed, remove from heat and serve. Choose pork liver with a pink color and tender texture. Whiter liver will have a "fishy" odor, while redder liver will be too tough. Do not slice the liver too thinly. Blanch first to remove any blood and impurities, so that the finished dish looks cleaner. Soak liver in water to maintain its tenderness.

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