



Stir Fried Fillet of Pork with Ginger and Spring Onions

Serves: 4 to 6

Preparation Time: 10 minutes

Cooking Time: 5 to 6 minutes



Ingredients

500g	frozen fillet of pork or shoulder of pork
50g	spring onions, cut into finger lengths
15 slices	young ginger
3 tbsp	vegetable oil
3 tbsp	water (optional)

Seasoning

½ tsp	fine salt
1 tsp	fine sugar
1 tbsp	light soya sauce
A dash	white pepper powder
1	egg white (optional)
1 tsp	sesame oil
2 tbsp	tapioca flour or cornflour

Method

1. Defrost the pork fillet in the fridge for 4 hours till still hard but soft enough to cut. Remove from fridge, slice pork into thin slices and put into a plastic bag and put back into the fridge to continue defrosting. If the pork is still semi-frozen when you put it back, you can keep it in the fridge for 1 to 2 days.
2. Remove pork from the fridge, wash, pat dry with paper towels and mix with the salt, sugar, light soya sauce, pepper, egg white and sesame oil. Finally mix it well with the tapioca flour and marinate for about 10 to 15 minutes.
3. Put a wok on high heat, add oil, stir well to spread oil and when it is very hot, add the ginger and stir fry till fragrant. Takes about 2 minutes.
4. Add the pork slices and stir fry quickly for 2 minutes till the colour changes, add the spring onions and, if you would like to have a little gravy, add the water, stir to mix and turn off heat. Serve at once.