



GF Friendly

Peking Pork & Fried Rice

a tasty Chinese-style stir-fry

Chinese dishes are generally quick to cook – it’s the preparation that takes time. Save some by measuring out the different ingredients such as sauces into small containers ready for use. Then, prepare the meat and any vegetables and go for it as per the recipe.

The Pork (beef, lamb, or chicken can be substituted)

- 400g pork fillet, sliced thinly
- 1 tsp cornflour [corn starch] (available in GF)
- 1 tbsp soy sauce
- 1 tbsp dry sherry
- 1 tbsp chicken stock
- 2 tbsps hoisin sauce
- 2 tbsps extra virgin olive oil [or canola]
- ½ tsp sesame oil or seeds



Mix together the cornflour, soy sauce, sherry and stock, fold in the pork and leave to marinate for 15 minutes. Heat the olive oil in a wok and stir-fry the meat until it changes colour, then remove and set aside. Add the hoisin sauce to heat, then return the meat to the wok and turn to coat it with sauce. Stir in the sesame oil or seeds, transfer to a covered dish and keep warm in the oven while preparing the rice. Clean the wok for the next stage.

Fried Rice

- | | |
|---------------------------------|--|
| 2 cups cooked white rice | 1 egg beaten with 2 tbsps milk, plus salt and pepper |
| ½ onion chopped | ½ cup chopped ham (or cooked chicken) |
| 1 tsp chicken stock powder | 1 tsp turmeric a pinch of Chinese five spice |
| 1 tsp minced garlic (or powder) | ½ tsp minced ginger (or ¼ tsp powder) |
| 2 tbsps olive oil | ½ tsp sesame oil |
| 1 stick celery, finely chopped | ½ cup defrosted (or fresh) peas and corn |

Having cleaned the wok, heat 1 tbsp olive oil and gently pour in the egg to make an omelette. When cooked, remove, roll and chop coarsely, then set aside. Fry the ham until barely browning and reserve with the egg. Add the rest of the olive oil and fry the onion, celery, garlic and ginger until the onion softens. Add sesame oil, stir to mix, then put in the rice, sprinkle on the dry spices, and stir-fry for 2 minutes. Finally, add the egg, ham and vegetables and continue stir-frying to combine and heat thoroughly. Serve on warmed plates with the pork on a bed of cooked spinach (1 minute in boiling water) and garnish with raw snap/snow peas.

Serves 4

Fried Rice Freezes well, but must be heated properly after thawing

Our eBooks are available now in formats to suit popular eReaders, PC and Mac

Self-Help

Romance/Suspense

General Fiction

Horror

Heroic Fantasy



Check them out on the [eBooks](#) page and download the FREE extended previews