

GF Friendly

Barbecued Pork with Rice

A stir-fry of pork, vegetables and rice

You'll need a wok or a deep frypan for this dish. As with any meal that has many ingredients, it is easier to prepare as much as possible before starting to cook. The pork doesn't have to be barbecued (I fried mine in the wok), and you can substitute chicken or another meat as desired. The vegetables can also be changed to suit personal taste. If the Char Sui sauce isn't available, use a dark Hoisin or a plum sauce.

- 225g thin pork steaks ¼ cup sliced cabana
- ¼ cup lean bacon cut in small strips
- 1 Tbsp Char Sui sauce 1Tbsp cream sherry
- 1 cup white long-grain rice 2 cups water
- 1 egg and a little milk beaten together (for the omelette)
- 6 spring onions sliced in rings
- 1/2 capsicum cut in 3 cm squares
- 1 stick celery, sliced diagonally 1 julienned carrot
- a pinch of Chinese five spice 1 tsp minced garlic
- 2 tsps chicken stock powder
- 2 Tbsps extra virgin olive oil ½ tsp sesame oil



Mix the Char Sui and sherry in a shallow dish, then place the steaks in to marinate for 30 minutes, turning to ensure they are well coated. Cook the rice in the water, either on the stove or in the microwave. In the meantime, prepare the rest of the meat and vegetables. Keep an eye on the rice to avoid over-cooking. When done, flush with cold water, drain and set aside.

Put ½ Tbsp olive oil in the pan and cook the egg mixture on low until the omelette is set. Turn over for a minute to brown, then roll up, remove and when cool, slice in thin strips about 2½ cm long (1 inch). Now fry the bacon and cabana in the same pan for 3 minutes over a medium heat, then set aside with the egg strips. Next, take the pork steaks from the marinade and fry for about 3 minutes a side to cook through (longer depending on thickness). Keep the leftover marinade. When the steaks are cool enough to handle, cut into 4cm pieces **across** the grain, then cut these in 1cm strips **along** the grain. Put them back into the marinade and mix to coat well.

Still using the same pan, add another 1½ Tbsps olive oil and the sesame oil. Put in the garlic, Chinese five spice and stock powder and stir for a minute before adding the onions, carrot and celery. Stir-fry these for 3 minutes, then add the pork strips, the remaining marinade and the capsicum. Continue cooking a further 2 minutes.

Finally, put in the rice, omelette strips and the rest of the meat. Toss this to mix well and increase the temperature slightly. While the mixture is heating through, keep turning it to avoid burning. Dish up on warmed plates, or in bowls.

Serves 4

Freezes well – heat properly after thawing

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