

Seasonal Eating



Pork Stir Fry with Turnips and Carrots

4 tablespoons water
1 teaspoon cornstarch
3 tablespoons hoisin sauce
2 tablespoons low sodium soy sauce
2 tablespoons sherry
1 1/2 teaspoons rice wine vinegar
1 teaspoon sugar

4 tablespoons peanut or vegetable oil, divided
1/2 pork tenderloin, cut into 1/4" matchsticks
1/2 turnip, peeled and cut into 1/4" matchsticks
6-7 baby carrots, cut into 1/4" matchsticks
1/2 small onion, sliced into quarter moons
2 cloves garlic, pressed
1/4 teaspoon red pepper flakes, or to taste
2 tablespoons, roughly chopped cilantro
Cooked medium grain white rice

In a small bowl, dissolve the cornstarch in the water. Add the hoisin sauce, soy sauce, sherry, vinegar and sugar. Set aside. Heat 2 tablespoons oil over high heat in a large frying pan or wok. Add 1/2 of the pork strips and stir until just cooked through. Remove to a bowl. Heat the oil again and add the remainder of the pork. Add to bowl when done. Add remaining 2 tablespoons oil to the pan and heat. Add turnips, carrots and onion. Cook until tender to a fork but still just slightly crisp, stirring often over medium high heat. Add garlic and red pepper and cook until fragrant, about a minute. Add the sauce mixture and return the meat to the pan. Cook until sauce is slightly thickened and everything is coated. Stir in cilantro just before serving. Serve over rice.