

Pork & Pear Stir Fry

From Nancy Sorensen

Ingredients

- 2 T. chicken broth
- 2 T. light soy sauce
- 1 tsp. cornstarch
- 1 tsp. vinegar
- 1/8 tsp. cinnamon
- 12 oz. boneless pork loin (chops or tenderloin)
- 1 T. oil
- 2 green onions, sliced thin (include some of green part)
- 2 T. peeled, fresh ginger root, finely minced

- 2 cloves garlic, peeled and finely minced
- 2 large, firm, ripe and unpeeled Bartlett pears, sliced
- 2 cups fresh spinach, washed, dried and shredded

To Prepare: Freeze pork for 30 min. Trim well of fat, slice thin. Mix marinade (first five ingredients listed) and pour over pork slices. Mix well, let sit for 20-30 min. Heat oil in large skillet or wok. (over)

Remove pork from marinade with slotted spoon and add to hot oil. Save marinade. Cover pork with green onions, ginger and garlic. Stir. Cook until pork is no longer pink, about 5 min. Add reserved marinade to cooked pork. Add pear slices and stir fry 1 min. Add spinach. Stir fry only 1 min. more until spinach is just wilted. Culinary tip: This recipe is delicious when served on a bed of rice, garnished with slivered almonds.

Show # 105