

PORK STIR-FRY WITH SWEET AND SOUR SAUCE

Recipe from PorkBeInspired.com • Prep Time: 10 minutes • Cook Time: 20 minutes • Yield: Serves 4

Ingredients:

- 2 pork loin butterfly chops, $\frac{3}{4}$ -inch thick
- 2 cups water
- 2 cups quick-cooking rice, uncooked
- 2 16-oz packages frozen stir-fry vegetables, (6 cups)
- $\frac{3}{4}$ cup bottled sweet and sour-style stir-fry sauce
- 1 8-oz can pineapple tidbits, drained

Cooking Directions:

1. Cut chops into $\frac{3}{4}$ -inch cubes; set aside.
2. Cook rice according to package directions.
3. Meanwhile, coat large nonstick skillet or wok with nonstick cooking spray; heat skillet over medium-high heat.
4. Stir-fry pork for 3 to 4 minutes or until slightly pink in the center. Remove from skillet and cover.
5. Add vegetables and stir-fry for 7 to 8 minutes, or until crisp-tender; drain any water.
6. Return pork to skillet. Stir in stir-fry sauce and pineapple; heat through.
7. Fluff rice with fork.
8. Serve pork mixture over rice.

Serving Suggestions:

Use convenience foods to help with getting a meal together. Vary the mix of vegetables to find your family's favorite blend. Sprinkle each plate with chopped peanuts for added crunch and flavor. Or substitute your favorite bottled stir-fry sauce in place of the sweet and sour sauce. Serve with Pepper-Cheese Breadsticks and fresh cantaloupe slices or orange sherbet.

PORK AND BROCCOLI STIR-FRY

Recipe from PorkBelnspired.com • Prep Time: 15 minutes • Cook Time: 10 minutes • Yield: Serves 6

Ingredients:

1 pound boneless pork loin
1 bunch fresh broccoli
1 red or green bell pepper
¾ cup chicken broth
1 tablespoon cornstarch
2 tablespoons oyster-flavored sauce
1 tablespoon soy sauce
⅛ teaspoon ground ginger
1 tablespoon vegetable oil
1 clove garlic, minced
½ cup fresh mushrooms, sliced
¼ cup green onions, sliced
cooked rice, (optional)

Cooking Directions:

1. Partially freeze pork; slice across grain into ¼-inch slices.
2. Clean broccoli, slice stalks into ¼-inch slices; cut off the flowerettes. Remove stem and seeds from pepper and cut into thin strips. Set aside.
3. Combine chicken broth, cornstarch, oyster-flavored sauce, soy sauce, and ginger; set aside.
4. Pour oil around top of preheated wok to cover sides. Heat oil over medium-high heat.
5. Add pork, broccoli stalks, pepper and garlic; stir-fry 4 minutes or until pork is browned.
6. Add broccoli flowerettes, mushrooms and onion; stir-fry 2 minutes.
7. Stir chicken broth mixture; gradually add to wok, mix well. Cook 3 minutes or until thickened and bubbly, stirring constantly.
8. Serve over hot cooked rice, if desired.

Serving Suggestions:

Skip the take out tonight. Have the family help with this stir-fry. Don't forget the eggrolls, hot rice and fortune cookies.

COCONUT CASHEW PORK STIR-FRY

Recipe from PorkBeInspired.com • Prep Time: 10 minutes • Cook Time: 10 minutes • Yield: Serves 4

Ingredients:

- 1 pound pork stir-fry strips, (loin, tenderloin, or pork leg)
- ¼ cup soy sauce
- ¼ cup dry white wine, OR chicken broth
- 2 tablespoons honey
- 1 tablespoon lime juice
- 1 tablespoon cornstarch
- 1 teaspoon ground ginger
- 1 teaspoon vegetable oil
- ½ onion, thinly sliced
- ½ cup cashews
- ½ cup shredded coconut
- 1 kiwi fruit, peeled and sliced

Cooking Directions:

1. In medium bowl stir together soy sauce, wine, honey, lime juice, cornstarch and ginger.
2. Add pork strips, marinate for 10 minutes.
3. Drain pork, reserving marinade.
4. Heat oil in large nonstick skillet over high heat, add pork and stir-fry 3-4 minutes.
5. Add onion and stir-fry one minute longer.
6. Add marinade to skillet, cook and stir until sauce thickens.
7. Stir in cashews and coconut, heat through.

Serving Suggestions:

Coconut and cashews lend exotic flavors and textures to this quick stir-fry. Garnish with kiwifruit and serve with hot cooked rice and steamed asparagus.

TANGERINE PORK STIR-FRY

Recipe from PorkBeInspired.com • Prep Time: 10 minutes • Cook Time: 20 minutes • Yield: Serves 4

Ingredients:

- 1 pound boneless center loin chops, cut into 1/4-inch slices, trimmed
- 1 cup white rice, or brown rice
- 7-8 seedless tangerines*, OR 3 navel oranges, divided*
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 4 teaspoons canola oil
- ½ large red onion, halved and cut into 1/2-inch slices
- 2 teaspoons fresh cilantro, chopped (optional)

*You can also use ⅔ cup tangerine or orange juice, plus 2 tangerines or 1 orange. In that case, skip the step that instructs you to juice the fruit.

Cooking Directions:

1. Prepare rice according to package directions. Remove from heat and let stand, covered, until ready to serve.
2. While rice is cooking, halve and squeeze* 5 or 6 tangerines or 2 oranges to yield ⅔ cup of juice.
3. In a medium bowl, whisk together juice, soy sauce, honey, and cornstarch. Set aside.
4. Remove peel off remaining 2 tangerines or 1 orange. Cut half of peel into ¼-inch strips (discard remaining peel). Set aside.
5. Cut fruit into bite-sized pieces. Set aside.
6. In a large wok or skillet over medium-high heat, warm oil. Add fruit peel and stir-fry for 30 seconds.
7. Add onion and stir-fry for 30 seconds.
8. Add pork and stir-fry until pork is cooked through and onion is crisp-tender, 3 to 4 minutes.
9. Add juice mixture and fruit and cook, stirring occasionally, until mixture comes to a boil and thickens, about 1 minute.
10. Serve stir-fry over rice sprinkled with cilantro, if desired.

Serving Suggestions:

Enjoy this simple-yet-flavorful stir-fry with steamed asparagus, steamed snap peas, or pot stickers. To make it your own, serve the stir-fry over rice noodles instead of rice, or add other vegetables like diced bell peppers, sliced carrots, or broccoli. Or add a touch of heat - sprinkle crushed red peppers on top.

STIR-FRY PLAN

There are three parts to making Stir-Fry in class.

1. First, ingredients are pre-prepared which includes: measuring, chopping, slicing, draining, etc.
2. Second is the application of heat – in this recipe it is stir-frying and preparation of the rice.
3. Lastly, plate the food, dine, clean-up and store leftovers.

Read through the recipe and complete the plan for your group. Pre-preparation of ingredients will be completed the day prior to the stir-fry lab. Check the utensil and equipment list – make necessary additions.

I am ready to cook when:

- Hands are washed
- Jewelry is in safe place
- Hair is held in place
- How will I protect my clothes?

Day prior to Stir-Fry Lab: Pre-Preparation of Ingredients . . .

(list tasks/steps and student responsible)

STIR-FRY PLAN (continued)

Day of Lab: Application of Heat . . .

(list tasks/steps and student responsible)

Day of Lab: Plate Food through Clean-Up . . . (list tasks/steps and student responsible)

Utensil List - group makes necessary additions and/or deletions

2 cutting boards	Liquid 2 cup measure	Nonstick turner
Chef knife	Dry 1 cup measure	Mixing spoon, nonabrasive
Paring knife	Rubber scraper	Fork
Serrated knife	Wok or large nonstick skillet	Can opener
Utility / all purpose knife	Small sauce pan	Strainer or colander

PORK SCRAMBLE

There are several advantages for using stir-fry. Can you unscramble these advantages?

Letters	Unscrambled Advantage
xlbtlieifyi	
ietm teeaamngmn (two words)	
lepapa	
niitnotru	
eycmoon	

Provide an example for each of the advantages. Be specific.

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FCS Lesson Plans: STUDENT GUIDE
Pork Stir-Fry

TAKE YOUR RECIPE HOME

Instructions: How about surprising your family by preparing them a delicious snack or awesome surprise? Prepare recipe from class at home and record your results below. Staple the recipe you used to this form.
Reminder – get an adult’s comments and signature.

Recipe:	Date Prepared:
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Use 3 words to describe the food you made.

What did you do a good job at?

What could have used some improvement?

Adult’s comments and Signature:

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